

Bumps pilates

FOR PREGNANCY + BEYOND



Benefits:

- Deep abdominal stability
- Pelvic floor strength
- Reduce back & pelvic joint pain
- Improve posture, strength & flexibility
- Preparation for labour & motherhood
- Post natal recovery
- Recovery from abdominal separation (DRAM)
- Relaxation & fun
- Classes instructed by Physiotherapist
- Health rebates available
- Creche available on site

Bookings & enquiries:

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www.bumpspilates.com.au

BUMPS Pilates

BUMPS Pilates classes are designed for the pre and post natal period to provide a total body workout, preparing you for the demands of pregnancy, childbirth and mother-hood. Enjoy exercising with other expectant mothers on pilates reformer beds with spring loaded resistance, under the guidance of a Physiotherapist with a special interest in Womens' Health.



... for pregnancy & beyond



Pregnancy:

Physiotherapy research has shown that by improving your deep abdominal stabilising muscles through pilates based exercise, it can prevent lower back and pelvic joint pain. These are all common during pregnancy due to the physical and hormonal changes. Pilates with a Physiotherapist is a safe and effective form of exercise during pregnancy.

Post Natal:

The classes are also great for recovering in the early months, when increased abdominal and pelvic strength are required following the demands of pregnancy and birth, allowing you to return to full activities once again!



Classes may be claimed on private health insurance under "extras" cover.

Location: ReCreation Gym, 1438 High St, Glen Iris/Malvern