WHAT IS MUMS & BUBS?

Mums and Bubs is a mother and baby class comprised of clinical pilates exercises specifically designed for the post-natal months to help your body regain strength and tone in a safe way.

The emphasis is on strengthening the pelvic floor, deeper abdominals, gluteals and back as well as on opening and relaxing tension in the shoulders, neck and upper back.

Mums & Bubs is unique in the way that the class includes movements with your baby's development in mind as well as your own. Attention is given to positioning your baby in such a way that it promotes head and core control, strength in the limbs and movement patterns to facilitate your baby's postural development from lying to walking.

CLASS TIMETABLE

We currently only have one mums and bubs class running

WEDNESDAY: 10:00AM

Our classes are kept to small numbers to ensure that every woman participating has constant supervision and feedback. Every exercise is monitored to match the ability of each individual.

PHYSIO-WISE

Be Well...Stay Well

MUMS AND BUBS CLASSES

For you and your baby

PRE-CLASS ASSESSMENT

Before you take part in your first class, you will need to book a 1:1 assessment. This is so the physio can see how you are going after birth and teach you some basic moves before you join the class.

WHAT WE DO

Functional activities such as lifting, squatting and standing are included to ensure that mothers are practicing using their supporting muscles to prevent against the all too often pains and injuries that arise from caring for a newborn. These classes provide a wonderful way for mothers to bond with their newborns and meet other local mothers.

PAYMENT OPTIONS

We have two payment options available

FLEXIBLE BOOKING

This option allows you to book your classes around your commitments and allows for cancellations if you are unable to attend. The fee will be $39.00 per class and is paid upon attendance with private health rebates available.

BLOCK BOOKING

This option books you in for the entire month at a reduced rate of $33.00 per class. The full payment of all classes for the month is to be paid upfront and will be held as credit on your account. If you are unable to attend, you forfeit the $35.00 paid for that class. The loyalty program is not available for this booking option.

PRIVATE HEALTH REBATES

Private health rebates are available for the classes through your private health fund

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