

# **AIMS:**

- ❖ Regain abdominal control and core stability
- ❖ Stretch tight, shortened muscles
- ❖ Strengthen weak, floppy muscles
- ❖ Improve posture
- ❖ Increase support for your back and neck
- ❖ Regain control of your pelvic floor
- ❖ Meeting other Mum's as you have fun exercising with your new baby



# **VENUES:**

**North Avoca:** North Avoca Surf Club, North Avoca Parade  
*Thursdays 10.30am to 11.30am*

# **DATES:**

Mum's and Bub's Pilates Classes operate on a Term basis which follow in conjunction with Public School Terms.

## **TERM 1 2019**

**Thursday 31st January to Thursday 11th April, 2019**

Other enquiries can made by contacting Michelle on: **4384 5005**  
Or email at **info@michellespilates.com.au**  
Or visit the website at **www.michellespilates.com.au**

# **COST:**

Payment for a 11 week Term is: \$165 - 1 class per week

# **METHOD OF PAYMENT:**

Electronic funds transfer (EFT) Or Credit Card  
- available through the website **www.michellespilates.com.au**  
Or cash/cheque prior to enrolment

***BOOKINGS ARE ESSENTIAL***

Term fee is payable on or before first class

# What Are Mum's & Bub's Pilates Classes?

The classes have been designed to commence from 6 weeks from the birth of your baby and up to 8-9 months of age.

Pregnancy is a time of preparation for the birth of your baby ... but how do you regain your old shape?

With a variety of mat exercises, you will aim to develop pelvic stability through the strengthening of the deep abdominal and lower back muscles.

The classes focus on deep active breathing, improving your strength, flexibility and postural control.

These unique classes will incorporate exercises for both you and your baby together, strengthening the bonding process.

*PILATES is not only  
A safe and beneficial exercise  
After giving birth to your baby*

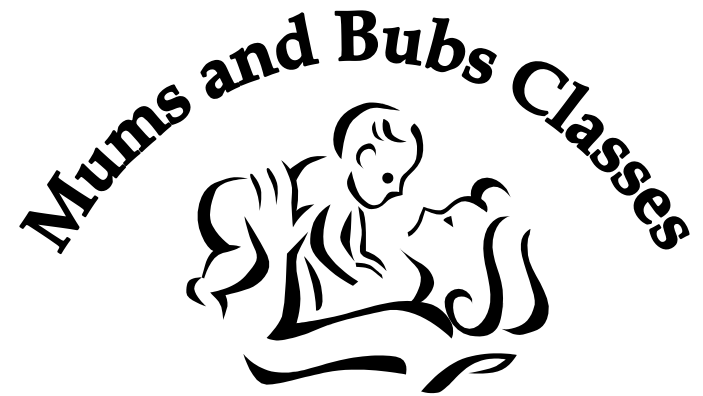
*But is also . . .*

**RECOMMENDED  
DURING PREGNANCY**

*To maintain strength and  
flexibility, to support your  
changing posture.*



Australian Pilates  
Method Association  
Assoc. No. Y2448710



**EXERCISE SAFELY WITH  
PILATES**

**TO HELP GET YOU BACK  
IN SHAPE**

***NORTH AVOCA***

**Michelle Wonnacott**

Certified Instructor with  
The Australian Pilates  
Method Association &  
Fitness NSW

***Phone: 4384 5005***

Email: [info@michellespilates.com.au](mailto:info@michellespilates.com.au)

Web: [www.michellespilates.com.au](http://www.michellespilates.com.au)

APMA Registered 10-03028

 **Michelle's Pilates Place**

ABN: 61 731 263 671