

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 4 2018

Thursday 18th October to Thursday 20th December, 2018

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 10 week Term is: \$150 - 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*

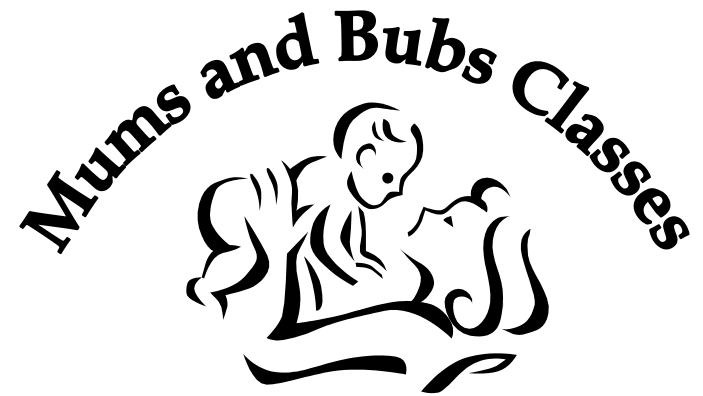
But is also . . .

**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

Web: www.michellespilates.com.au

APMA Registered 10-03028

 **Michelle's Pilates Place**

ABN: 61 731 263 671