



SYDNEY
ADVENTIST
HOSPITAL

Post-natal Fitness

CLASSES (From 6 weeks after delivery)

Exercise in a safe and friendly environment after delivery! Meet other new mothers and improve overall fitness in fun and social surroundings.



Post-natal Fitness Classes (From 6 weeks after delivery)

Pre-natal classes also available.

BENEFITS:

These classes are run by Accredited Physiotherapists to ensure safe and appropriate exercise.

- **Restore fitness**

Low impact exercise builds up fitness in preparation for a return to your normal pre-pregnancy activities.

- **Strengthen**

Emphasis is placed on improving core strength which includes the abdominal, back and pelvic floor muscles.

- **Tone**

A friendly environment to build and improve on general fitness as well as tone.

CLASS CONTENT:

- Warm up aerobic exercise and stretches
- Circuit of aerobic and strengthening exercises
- Floor exercises - to improve core stability
- Warm down/stretchers

*** Friendly volunteers will assist in caring for your baby whilst you exercise.*

Classes run regularly throughout the week.

Spaces are limited, so please book early.

**For class dates, times and costs, or more information -
Phone 9487 9337 or email Hydro_pool@sah.org.au**



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