

# Post Natal Pilates

## 6 Week Course Starts

### 11am Friday June 19

Post-Natal Pilates is suitable after the 6 week post partum check. It strengthens the core control muscles and pelvic floor, creating a “corset” to support the spine. It can alleviate muscular tension that comes from repetitive movement of new mothers.

**A medical clearance from your GP is required to attend this class.**

For more information or to book please contact  
Desi | 9385-4876 | [desi@unsw.edu.au](mailto:desi@unsw.edu.au) | \$144  
[www.sportandrec.unsw.edu.au](http://www.sportandrec.unsw.edu.au)

