



Cranfold Physical Therapy Centre Pregnancy Pilates

Pilates is a gentle form of exercise that is focussed on improving core stability and posture and is considered a safe way to exercise during and after pregnancy.

Our Pregnancy Pilates classes are run by Milly King a Physiotherapist trained in Pilates with the APPI (Australian Physiotherapy and Pilates Institute) and Ashtanga Yoga: Rocket. The exercises are a combination of mat and ball based exercises and can help to improve flexibility, strength and posture by focusing on the areas of the body that suffer from tension during pregnancy. The classes will help you adapt to your changing body and prepare for the birth; it is also a great way to help you get back into shape after the birth

We run small, mixed ability classes with a maximum of 8 participants to ensure that the correct guidance and individual attention is given to everyone in the class. This allows our physiotherapist to ensure that the exercises are being completed correctly, and if necessary adapt the exercise to suit an individual.

Prior to joining a Pilates class you will have a 1:1 session with the physiotherapist here in the clinic. In this session you will cover the basic exercises and techniques. This session includes a health screening questionnaire and also allows our physiotherapist to find out about any injuries you may have, enabling her to adapt the exercises as necessary.

Ladies welcome from 12 weeks of pregnancy to due.

1st Course

(6 weeks): £75

Includes 1:1 session

Follow up Course

(6 weeks): £50

Classes held on Wednesday mornings @ 11.15am

www.cranfoldphysio.co.uk

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