

Prenatal Hydrotherapy Class

Stay active and healthy throughout your pregnancy with our low impact exercise class.

Class led by an experienced Physiotherapist with a special interest in Women's Health.

Small class environment for individual attention.

Sessions: Tuesday 9:30-10:30 am

Cost: Initial screening 15 (minutes) + initial class =\$50
Subsequent classes = \$25

Private health insurance rebates may be available – please check with your health fund.

Benefits:

- Activate and strengthen your core and pelvic floor muscles
- Maintain aerobic fitness
- Regular exercise has been shown to reduce gestational diabetes risk
- Reduction in swelling associated with pregnancy
- Supportive and encouraging environment

Bookings essential
02 4389 9467

Bookings arranged in 4 week blocks to ensure your place in class is secured.

Classes commence from 3rd November 2020

11 Lorraine Avenue, Berkeley Vale NSW 2261

MaternityCare



**Berkeley Vale
Private Hospital**
Part of Ramsay Health Care