

Pregnancy and Pilates

Pilates is a non impact workout that invites you to maintain strength, mobility, and flexibility whilst being pregnant without bringing any harm to mother and baby.

In preparation for birth these classes will cover gentle stretches and strengthening exercises as well as relaxation and breath awareness.

Classes are conducted by Monica Rich-a midwife and personal trainer and are 60 minutes long. You may begin prenatal pilates with the consent of your obstetrician. If required, Monica can personally liaise with your obstetrician to modify your exercise sessions.

What to Bring:

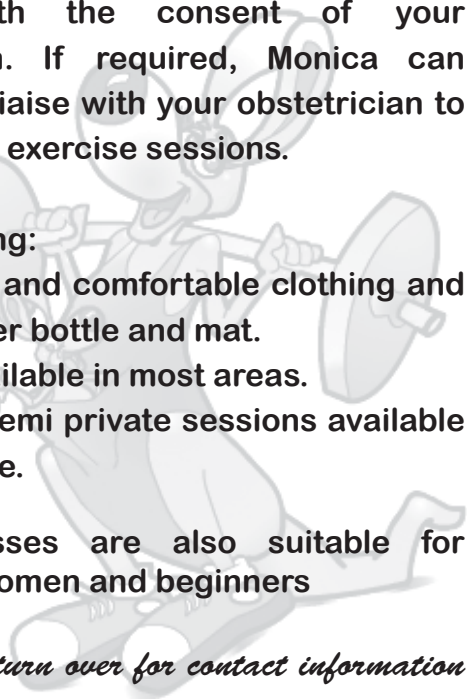
Wear loose and comfortable clothing and bring a water bottle and mat.

Classes available in most areas.

Private or semi private sessions available in your home.

These classes are also suitable for postnatal women and beginners

Please turn over for contact information



PACKAGES ARE AVAILABLE.

Rebates may also be available from your private health fund.

You are welcome to visit my website:

www.prenatalplus.com.au

or email me

monica@prenatalplushealthfitness.com.au

Monica Rich RM, BN (Hons), IBCLC

Personal Trainer

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M 0419 298 586

Notes:

Artwork Specifications - File name: Monica Rich DL Pad Personal Training- Client: Monica Rich - Colour: front - • reverse - • - Dimensions: 210 x 99 - Quantity: ? - Stock: 80 gsm - Date: 6th September 2006 - Version: three

Please carefully check all of the above details including artwork for any mistakes. If you have any questions of the written terminology please ask for us to explain. If you find the artwork to be 100% please sign along the dotted line to the right, or advise via email or fax, and understand by doing so you have approved the above artwork to be printed and that any mistakes are now NOT the responsibility of MBE Newtown. We advise that when checking your artwork proofs, you check all phone numbers, addresses, spelling and punctuation. We do our best to check these details. Also allow for 15% difference in the colour of the job. If you need changes to the artwork please write them on this sheet and return to MBE Newtown for the amendments.

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changes please



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