

## PRE AND POST NATAL PROGRAM




### Pre Natal Program

Our ASPIRE ACTIVE Pre Natal Classes will help you prepare your body and mind for the challenges ahead. They have been carefully designed to allow safe and comfortable exercise throughout pregnancy.

In addition to exercise classes, we offer an Ante Natal Education Course covering exercise, nutrition, changes during pregnancy, labour, natural delivery, instrumental, C-section, pain relief during labour and birth as well as breastfeeding and baby care.

*Note:*

- *Pre & Post Natal program members can register for 1 month at a time, or 3- months. The 3-month-package, allows members to benefit and participate in the Educational Courses offered.*
- *Note: Members joining this Program are required to provide a medical clearance Report from their Doctor in advance.*

- **Level 1**  40 Weeks  
(Start of pregnancy until due date)
- **Level 2**  Week 12 until due date
- **Level 3**  Week 12 until due date. Not recommended to begin with this level if in the final trimester (week 28 onwards)

### **Pre Natal Yoga**

Practiced slowly and gently, Yoga postures relax and strengthen the body, helping you adjust to many of the physical changes experienced during pregnancy. Focused breathing exercises additionally help you relax and prepare for a healthy pregnancy and delivery.

### **Pre Natal Fitness**

Combination of safe strength and light cardio vascular activity. This class targets specific muscles to help improve posture and establish core stability. Assists with reducing stresses and strains associated with major changes during pregnancy.

## **Pre Natal Walking**

*Note: This class is offered outdoors or indoors, depending on the weather.*

This class when executed properly and regularly is one of the most efficient forms of exercise. The weight bearing activity also helps strengthen bones and provides an overall workout for your muscles. Popular and beneficial low impact cardiovascular exercise.

## **Pre Natal Aqua**

*Note:*

- *Pre-natal Aqua is not an add-on*
- *A compulsory swimming test must be completed before qualifying to any aquatic course.*
- *Testing is evaluated individually. The decision of the instructor will remain final.*

Water is a wonderful medium for pregnant women with its therapeutic and supportive qualities. The buoyant effect of water provides an optimum non-weight bearing workout environment. Pre natal aqua includes gentle aerobic exercise designed to alleviating those daily aches and pains. These safe exercises will also tone and strengthen your body. Our exercises are designed to be safe and effective.

It is recommended to attend these classes early in your pregnancy as to get maximum benefit. The course will cover labour, pain relief during labour and birth, as well as breastfeeding and caring for yourself and the baby during the Post Natal period.

## **Ante Natal Education Course**

*Note:*

- *Pre & Post Natal program members can register for 1 month at a time, or 3- months. The 3-month-package, allows members to benefit and participate in the Educational Courses offered.*
- *Note: Members joining this Program are required to provide a medical clearance Report from their Doctor in advance.*

This course comprises of a set of 8 classes. Topics covered include: exercise, back care, posture, nutrition and overall changes related to pregnancy.

It is recommended to attend these classes early in your pregnancy as to get maximum benefit.

### **Course Content:**

#### Week I:

Session 1: Pregnancy and pregnancy related problems, breathing techniques and relaxation.

Session 2: Signs and symptoms of labour, dealing with early labour pain at home.

### Week II:

Session 3: Normal, instrumental and C-Section delivery, breathing techniques and relaxation.

Session 4: Pain control, methods of pain relief, breathing techniques and relaxation.

### Week III:

Session 5: Breast feeding, breathing techniques and relaxation.

Session 6: Baby care, breathing technique and relaxation. Body postures to help baby engage in the pelvic inlet .

### Week IIII:

Session 7: Catch up.

Session 8: Catch up.

## Post Natal Program

Our ASPIRE ACTIVE Post Natal Classes concentrate on strengthening the abdominals and pelvic floor, stabilizing the lumbar and pelvic area and getting the body back into shape. Besides the exercise classes the Post Natal education course is designed for women who have already delivered their baby and addresses questions referred to the post natal period.

### **Mother & Baby Exercise**

#### *Babies; 2 – 6 months*

Improve posture, re-energize and regain your strength and vitality through simple effective post pregnancy exercises. Enjoy interacting with other mothers and babies in a comfortable, safe small group environment.

#### **Stroller Mother & Baby Walking** *(cool weather months only)*

#### *Babies; Any age*

The class is divided into cardio and strengthening components with your stroller to help burn fat and tone muscles. Yoga style stretching to relax and remove any tension from the body, Mothers have the option to stretch with baby or alone on the yoga mat.

### **Post Natal Education Course**

*Note: To gain full benefit of these classes it is recommended to Dress comfortably for relaxation and better breathing techniques.*

This course is designed for women who have already delivered their baby and covers topics such as rehearsal of breast feeding, weaning, pelvic floor exercises and ergonomics as well as relaxation.

The two classes are scheduled in the evening on a monthly basis and comprise of:

2<sup>nd</sup> Week of the Month:

Session 1: Breastfeeding and weaning, Pelvic floor exercises and ergonomics.

4<sup>th</sup> Week of the Month:

Session 2: Breastfeeding and weaning, Pelvic floor exercises and ergonomics and relaxation.