



ASPIRE ACTIVE
Pre/Post Natal Program

			19th September - 31st October 2010						
			8:00	9:00	10:00	16:00	17:00	18:00	
LADIES CLUB	STUDIO 4	Pre/Post Natal	SUN		Pre Natal Yoga			Pre Natal Yoga	Ante Natal Education Course
			MON					Pre Natal Yoga	
			TUE			Pre Natal Yoga			
			WED		Pre Natal Yoga	Ante Natal Education Course			
			THU	Pre Natal Yoga		Mom & Baby Exercise (Babies; 2-6 months)			
	WALKING	Indoor & Outdoor	SUN	Pre Natal Walking				Pre Natal Walking	
			MON	Pre Natal Walking					
			TUE	Pre Natal Walking				Pre Natal Walking	
			WED	Pre Natal Walking				Pre Natal Walking	
			THU	Pre Natal Walking				Pre Natal Walking	
	SWIMMING POOL	Aquatics	SUN			Pre Natal Aqua			Pre Natal Aqua
			MON						
			TUE						
			WED						Pre Natal Aqua
			THU		Pre Natal Aqua				

Note:

- * Conditions apply to enroll in Pre and Post Natal Program.
- * Classes and times are subject to change and availability.
- * During Ramadan there will be a modified timetable, during public holidays and special events (Eid Al Fitr, Eid Al Adha, Christmas and New Year), Year) there will be no or accordingly reduced activities.
- * The instructor may cancel a class or direct attendees to another class if the number of participants is insufficient.

Pre Natal Classes

- Level I: All 40 weeks (start of pregnancy until due date).
- Level II: Week 12 until due date.
- Level III: Week 12 until due date. Not recommended to begin with this level during the final trimester (Week 28 and onwards).

Post Natal/Mother and Baby Classes



**Post Natal Course will be given every second week.

PRE NATAL CLASSES

PRE NATAL AQUA

Gentle aerobic exercise designed to alleviate those daily aches and pains. These safe and effective exercises will also tone and strengthen your body.

PRE NATAL WALKING

Walking done properly and regularly is one of the most efficient fat burning exercises. Popular and beneficial low impact cardio exercise.

PRE NATAL YOGA

Slow and focused class to correct posture alignment, safely strengthens targeted muscles and relax individuals through breathing techniques. These gentle exercises assist with the ongoing physical adjustments a mother undergoes during her pregnancy journey.

PRE NATAL FITNESS

Combo of safe strength and light cardio activity. Target muscles to improve posture and core stability. Reduce stresses and strains associated with major changes during pregnancy.

ANTE NATAL EDUCATION COURSE

Set of 6 classes running over three weeks. The 4th week will be an opportunity for those who failed to come for some classes, to catch up with information or if you just have questions that you would like to discuss.

POST NATAL CLASSES

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 safe small group environment.

MOTHER & BABY WALK *(Babies; any age)*

Cardio and strength activities with your stroller burn fat and tone muscles, whilst yoga style stretching (with or without baby) aids targeted relaxation.

POST NATAL EDUCATION COURSE

Two post natal classes per month. Classes cover breastfeeding, weaning, baby care, exercise, posture, ergonomics and pelvic floor exercise.