

## Pre & Post Natal Activities

Exercising during pregnancy has many benefits for mother and baby. It increases blood flow to the placenta helping your baby's growth and development. Staying active or becoming active in pregnancy is safe and healthy, helping to prevent common ailments experienced such as headaches, backache, constipation, cramps, swollen feet, pelvic pain and tiredness. Once you have passed 14 weeks in your pregnancy you are welcome to join us.

**Pilates** exercise helps improve posture, focuses your breathing, and strengthens deep core, abdominal and pelvic floor muscles that are under strain throughout your pregnancy.

**Aquanatal** is water based exercise which helps alleviate pressure felt through joints and can give a sense of weightlessness.

**Once your baby has arrived exercise may be the last thing on your mind but being physically active can help boost energy levels, increase your rate of recovery, improve muscle tone, circulation, digestion, mood, sleep patterns, and helps to increase range of movement, strength, flexibility and energy levels. As soon as you have had your post natal check up you are welcome to join in any of our Post Natal exercise classes.**

**Buggy fitness** class has varied exercises on a weekly basis such as circuits, toning and interval training. These classes are pressure free enabling women to exercise at their own pace and intensity level. We promote positive body image and support women while they work towards improving their posture, muscle tone and overall recovery.

**MUMBA** is a gentle, low impact exercise to music class with babies in a sling or other babywearing choice. Take the time to bond and reap the benefits of being physically active.

All post natal classes are a time for Mums to take for themselves to improve health and wellbeing while bonding with their little one. Babies are welcome to attend the classes but will not take part in any form of the exercises. These are great opportunities to meet other new Mums. These classes are suitable for all ages and abilities.



### FIND OUT MORE

To find out more about all pre and postal natal activity contact your midwife or the Sport and Physical Activity Team 01429 284050 or email [SPAT@hartlepool.gov.uk](mailto:SPAT@hartlepool.gov.uk)

# Mums on the move

## Pre & Post Natal Activities Classes

| Day       | Time         | Location                 | Type of Activity  | Instructor |
|-----------|--------------|--------------------------|-------------------|------------|
| Monday    | 6.00-7.00pm  | Brierton Sports Centre   | Pre Natal Pilates | Barbara    |
| Wednesday | 7.00-8.00pm  | Millhouse Leisure Centre | Aquanatal         | Kari       |
| Thursday  | 9.30-10.30am | Brierton Sports Centre   | Buggy Fitness     | Priscilla  |
|           |              |                          |                   |            |
|           |              |                          |                   |            |

Dates and times are subject to change



### How to book

Booking is essential for all classes.  
To book your place please contact the appropriate leisure centres:

**Mill House Leisure Centre** 01429 223791  
**Brierton Leisure Centre** 01429 284864  
**Summerhill Visitor Centre** 01429 284584

All sessions are led by fully qualified pre/post natal exercise instructors.

**£3.55 Casual | £2.85 Member | £2.00 Concession** Booking is essential

For more information please contact Sport and Physical Activity Team 01429 284050 or email [spat@hartlepool.gov.uk](mailto:spat@hartlepool.gov.uk)

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