



Baby, let's move!

Hello Mama - Join Our Antenatal Aqua Classes

- Safe form of exercise throughout all stages of pregnancy
- Delivery benefits
- Improves stability and posture
- Strengthens your pelvic floor
- Pain prevention and management
- Decreases risk of child-birth related incontinence
- Prevents swelling, varicose veins and cramps

Pre - class screening is
essential



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