



Ante & Post Natal Pilates



Chorley

Clayton Brook Children's Centre

Monday

11am

*Post Natal Pilates
(with Babies too!)*

Monthly courses
- £4/week

Friday

1.15pm

Ante Natal Pilates

Ongoing FREE
classes

Classes also in Longridge and Gt Eccleston

Ante Natal Pilates can

- Help reduce the risk of back pain and also may aid recovery of back pain
- Improve or maintain good posture
- Condition the deep abdominal muscles to help carry the weight of baby
- Strong abdominal muscles to help with delivery of baby
- Aid in getting your shape back after pregnancy



Post Natal Pilates (with Babies too!)

- Gentle and effective Pilates sessions for you and baby!
- Both join in the fun!
- Help get your tummy back in shape
- Play with baby
- Safely tone and strengthens your body



Cath Hopkinson, Pilates Specialist

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