



Exercise designed for pre, post birth

REVIVE Pilates and Physiotherapy at Ashgrove has introduced pregnancy pilates and mums and bubs classes to assist expectant mothers in the lead-up to and following birth.

Revive manager Julie Campbell said that Revive started the classes to improve pregnancy strength, reduce recovery time and provide a familiar social outing for mothers-to-be.

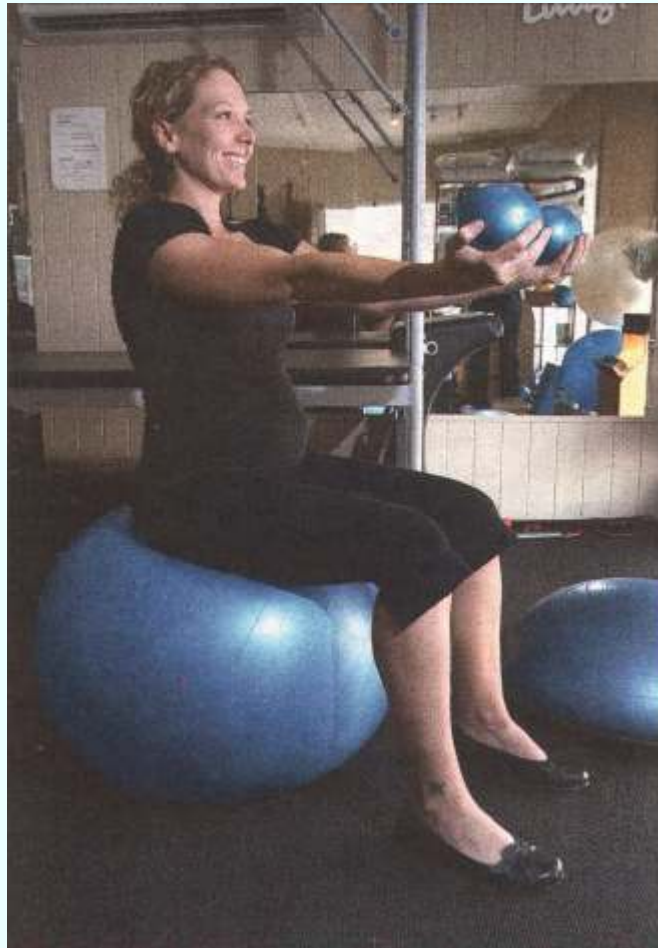
"It is important to keep exercising for as long as possible up until the birth and as soon as possible after," Ms Campbell said.

"We always like to create a social atmosphere for the classes so that new mums can mingle within their own areas."

The classes are run by a qualified physiotherapist.

Ms Campbell said pregnancy pilates was aimed at strengthening the muscles needed during labour, and that it also helped with general fitness and morning sickness.

■ **For more information phone 3366 0500 (Ashgrove) or 3012 7007 (City).**



■ Birth concentration . . . Lori Forner