

Antenatal/ Postnatal Classes

SUBIACO Women's health

Subiaco Women's Health offers a variety of exercise options for pregnant women and new mothers wanting to maintain their fitness and strength during this special time.

Antenatal/Postnatal Hydrotherapy

Antenatal - Classes enable you to exercise safely in a buoyant environment throughout your pregnancy in a fun and social group environment.

Postnatal - Our heated hydrotherapy pool affords you and your baby the comfort of experiencing water in a safe, relaxed and fun group environment. The first 20 minutes of class is a session with parent (either Mum or Dad) and baby. After a 15-20 minute break Mums return to the pool for a 45 minute fitness session. Babies are supervised poolside by a staff member. This class is suitable for immunised babies from 8weeks through to 6months old.

Postnatal (Mums Only) Hydrotherapy - This is a 1 hour after hours postnatal hydrotherapy class suited to mums who would like to exercises in water without their babies. Classes involve a combination of cardiovascular and strength exercises. This class is for mothers only and can be attended at any stage after clearance from your obstetric care provider and a womens health physiotherapist from 6 weeks onward.

Both antenatal and postnatal hydrotherapy classes focus on global strengthening and aim to improve cardiovascular fitness and are conducted by qualified physiotherapists with experience in women's health. Health fund rebates may apply.

All classes require an assessment with a qualified women's health physiotherapists prior to commencement.

Ask at reception or call today on 08 9382 9600

Important Information

Cost

Per class	$50
(Can claim on the day)	
5 classes bundle	$225 ($45/class)
10 classes bundle	$400 ($40/class)

(Blocks must be paid upfront. A receipt will be emailed for claiming purposes)

Antenatal Hydrotherapy

Tuesday	6pm-7pm
Thursday	6pm-7pm

Postnatal (Mums & Bubs) Hydrotherapy

Monday	1pm-2.30pm
Tuesday	1pm-2.30pm
Wednesday	1pm-2.30pm
Thursday	1pm-2.30pm
Friday	10.30am-12pm

Postnatal (Mums Only) Hydrotherapy

Tuesday	7pm-8pm *(mums only)*



Antenatal/ Postnatal Classes

SUBIACO Women's health

Antenatal/Postnatal Pilates Classes

Antenatal pilates classes incorporate a fusion of matwork and reformer based exercises that target strength, cardiovascular fitness and dynamic postural control and stability.

Our qualified physiotherapists instruct the class with emphasis on technique, breathing, and function to keep you safe, healthy and strong during your pregnancy and postpartum.

Our postnatal pilates classes incorporate a fusion of mat and reformer-based exercises designed to help with early postnatal recovery. These classes are suitable for mums from 6 weeks to 6 months postnatal and are designed to be fun, social and appropriately challenging.

Classes are led by a women's health physiotherapist as we recognise that many women are still healing and require modifications in the early stages after giving birth, so moving your body under the guidance of a specialist will help set you up for success! Mums may bring their newborns if they do not have a baby sitter.

All pilates classes require an assessment with a qualified women's health physiotherapist prior to joining.

Health fund rebates may apply for classes.

Ask at reception or call today on 08 9382 9600

Important Information

Cost

Per class	$50
(Can claim on the day)	
5 classes bundle	$225 ($45/class)
10 classes bundle	$400 ($40/class)

(Blocks must be paid upfront. A receipt will be emailed for claiming purposes)

Antenatal Pilates

Tuesday	6.00pm-7.00pm
Thursday	6.30pm-7.30pm
Saturday	8am-9am
	9am-10am

Postnatal Pilates

Monday	1pm-2pm
Wednesday	1.15pm-2.15pm