

PDF for Members

Pre and Post Natal Pregnancy classes at CorePlus

PRENATAL

- It's important that you keep moving and stay strong during your pregnancy, we however do not know your personal circumstances and we therefore ask you to obtain a letter from your obstetrician or doctor with authorisation enabling you to exercise before you commence classes.
- Our Reformer classes are an athletic group fitness style class and not designed for pregnancy. If, however your obstetrician or doctor gives you authorisation to continue these classes in your **First Trimester** we ask the following:
 - If you are brand new and never done a CorePlus class before, please do not commence these group classes until after pregnancy. You can however book into one of our 1 on 1 or pregnancy friendly classes.
 - If you have a regular practice at CorePlus and are not brand new please contact your local CorePlus studio and get a list of instructors that are pregnancy trained.
 - Before booking into a group class please make sure you have got the approval letter and have passed it onto your local CorePlus studio.
 - Please ensure you book into only those instructors that are qualified.
 - Please do not book into the cardio jumpboard classes.
 - Please always remind the instructor prior to class that you are pregnant.
 - Please note: if by chance there is a schedule change and the pregnancy qualified instructor is no longer teaching for your safety you will not be able to attend the class. The studio will credit you that class onto your account.

After the **first trimester**, if you'd like to keep moving, we offer the following:

Private 1 on 1 classes or group pregnancy classes.

- **Private 1 on 1 classes.** These classes are a great way to keep moving throughout your pregnancy. We ask you to contact your local studio who will offer you times and class rates. Please contact your local studio to organise all private 1 on 1 classes <insert link to studio page>.
- **Pregnancy friendly group Reformer classes.** These classes are a great way to keep moving throughout your pregnancy. These classes are group classes and you do not require any special passes. You therefore can use your existing pass to continue with these classes. Please find prices here: <insert link to pricing page>.

Some generalised points to consider:

- Avoid laying flat on your back for too long (supine position)
- Avoid all abdominal work
- Avoid inner thigh work
- Avoid laying flat on your tummy (prone positions)
- Avoid balancing posture where you are required to step up onto the bed
- Maintain a moderate intensity

- Avoid hot rooms and try and stay cool

POSTNATAL

Before commencing back at CorePlus please ensure your obstetrician or doctor has conducted your 6 week post-natal check and you have a clearance to commence exercise.

POINTS to CONSIDER

- Ensure you have your obstetrician or doctors approval to commence exercise
- Do not rush back, take things slow
- Pay attention to how your body feels and pull back if it doesn't feel right