

# COREPLUS PRE AND POSTNATAL

## Prenatal

Firstly, congratulations! It's important that you keep moving and stay strong during your pregnancy. However, as we do not know your personal circumstances, we ask you to obtain a letter from your obstetrician or doctor with authorisation enabling you to exercise before you commence classes.

At CorePlus, you're able to participate in all of our reformer (non-heated) classes up until your first trimester. If you'd like to keep moving your body with CorePlus after your first trimester, we offer the following:

**Private 1:1 Classes** - These classes are great if you're looking for personalised, targeted exercises and Instructor attention. Your local studio will offer you times and class rates; please contact your local studio to organise all private 1:1 classes [here](#).

**Pre and Postnatal Reformer Class** - An athletic group fitness style class available at your local studio, modified to be safely practiced both during and after your pregnancy. This class will increase your muscle definition, mobility and flexibility. And it will leave you feeling energised – not exhausted!

If you choose to visit CorePlus whilst pre and postnatal, we ask the following:

- After your first trimester, please only attend our pre and postnatal class at your local studio. Our other classes are not designed for pregnancy, and may not be safe for you to partake in.
- Before booking into your pre and postnatal class, please make sure you have got the approval letter and have passed it onto your local CorePlus studio.

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 position).
- Avoid balancing postures where you are required to step up onto the bed.
- Maintain a moderate intensity.
- Avoid hot rooms and try and stay cool.

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## Postnatal

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

Some generalised 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.