



Pre & Postnatal

CORE+PLUS

Firstly, congratulations on your pregnancy!

It's important that you keep moving and stay strong during your pregnancy and we'd love to be able to help you on that journey. As we don't know your personal circumstances, we ask you to firstly check with your obstetrician or doctor before commencing classes with us.

It's important that you know that not all classes are safe for you to participate in. We have outlined some information for you below which should answer all the questions you have. Please reach out to your local studio directly if you do have any further questions or are unsure about anything, they'd love to chat.

Prenatal

It's important that you keep moving and stay strong during your pregnancy and we'd love to be able to help you on that journey. As we don't know your personal circumstances, we ask you to firstly check with your obstetrician or doctor before commencing classes with us.

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Heated Pilates Classes

Our heated Pilates classes are not pregnancy safe and should be avoided completely.

Pre and Postnatal Friendly Reformer Classes

- Pre and Postnatal Reformer

- Athletic Reformer

Please note that Athletic Reformer classes are available for members with instructors who have the requisite training. Please contact the studios directly and they'll be able to send you details of these instructors (details can also be found on our booking App in each individual instructor bio). Members can attend Athletic Reformer with any instructor within the first trimester. During your 2nd and 3rd trimester please ensure you only book into classes with nominated instructors who can support you throughout class with modifications. In the case of a last-minute instructor swap (**so so sorry we always try and avoid this**) if the replacement instructor is not confident to offer the support you need, we'll work with you to book you into a class that is suitable.

Strength Reformer and Cardio Strength Reformer are not pregnancy safe and should be avoided completely.

Pre and Postnatal Friendly Yoga Classes

Warm Slow Flow Yoga**

Warm Yin Yoga**

**It is recommended that you have practiced in a warm or hot room prior to pregnancy or have discussed this with your doctor prior to attending.

CorePlus Connected

Wanting to move in the comfort of your own space? CorePlus Connected has a range of Pilates, barre, yoga and strength classes available on demand, to keep you moving at home during and after your pregnancy.

Visit coreplusconnected.com to start moving with us online.

Use code
MUMSONTHEMOVE
for 3 months free.



Private 1:1 Classes

These classes are great if you're looking for personalised, targeted exercises and Instructor attention. Many of our instructors have specific prenatal expertise and training and would love to help you continue to move during your pregnancy. If you'd like a personalised 1:1 class, reach out to your local studio who can share available times and class rates.

Some generalised points to consider:

- Avoid laying flat on your back (supine position) for extended periods of time from the second trimester (13 weeks onwards).
- Avoid laying flat on your tummy (prone position)
- Avoid prolonged isometrics.
- Avoid activities with increased risk of falling (high kneeling on the carriage / standing on machine on light springs)
- Keep the body moving at a consistent pace and work to an intensity that feels comfortable for you.
- Avoid hot rooms and try to stay cool and hydrated
- Take extra breaks as needed
- Use props to assist with comfort/balance as needed.
- Be mindful of over stretching as hormone Relaxin is released throughout pregnancy causing laxity in the body, stretch to a point that is within your comfort.

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:

- Do not rush back, take things slow
- Pay attention to how your body feels, and pull back if it doesn't feel right
- Stay hydrated
- If you're unsure about something, ask our instructors for any clarification

Please remember, your body needs love and special attention during this time. If you have any further questions, please either reach out to your local studio or download the CorePlus app to book your next class.

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