



5 week
program

Postnatal & Antenatal Classes

Who's it for?

- Mothers and babies aged six weeks and older
- Expecting mothers

What's involved?

- 45 min program (so best not to be late!)
- Exercises designed to help your body recover after pregnancy and childbirth
- Pelvic floor and Transverse Abdominus (TA) exercises
- Pilates based exercises and general strengthening
- Posture correction
- Exercise tips and advice

Class timetable

Warwick
Tuesday mornings
(55 Guy Street)

Stanthorpe
Wednesday mornings
(15 Hilton Street)



The Physiotherapy Centre
55 Guy Street Warwick
48-50 Marsh Street Stanthorpe
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Contact us to find
out when our next
5 week program starts on
4661 5577

THE
physiotherapy
CENTRE