



Our Program was developed by Physiotherapists and all classes are taught by highly trained Physiotherapists.

Our Pilates and Hydrotherapy Programs for Pregnancy combines state of the art core stability exercises, pelvic floor strengthening, stretching and mobility exercises to target those areas needing attention during pregnancy, labour and beyond.

Classes are held once a week for 55 minutes over 10 weeks or pro rata.

Client name.....

Estimated delivery date.....

Clinical Notes.....

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I have examined, and in my opinion there is no evidence which indicates the pre-existence of a condition or medical diagnosis, which would cause her to be incapable of, or unsuitable for participation in Exercise Programs for Pregnancy.

Signed.....

Date.....

Doctor's Name.....

Registration Number.....