


# Pre and Post Natal Program

March 2017

	Training Area	09:00 AM	10:00 AM	04:00 PM	05:00 PM
Sunday	FS6	Pre & Post Natal Yoga			Postpartum Pilates
Monday	FS6	Pre & Post Natal Fitness		Pre & Post Natal Yoga	
Tuesday	FS6		Pre & Post Natal Yoga	Pre & Post Natal Fitness	
Wednesday	FS6		Prenatal Pilates	Pre & Post Natal Yoga	
Thursday	FS6	Pre & Post Natal Yoga		Pre & Post Natal Yoga	
Saturday	FS6	Mom's Pilates			

**Note:**

- \* Classes and times are subject to change and availability.
- \* During Ramadan, public holidays, summer months or other events occurring within Aspire Zone there may be an altered or suspended timetable.
- \* The instructor may cancel a class or direct attendees to another class if the number of participants is insufficient.
- \* ASPIRE ACTIVE Program and Timetables available at [www.aspire.qa/active](http://www.aspire.qa/active).  Us on Facebook at <https://www.facebook.com/AspireActive>

## PRE AND POST NATAL PROGRAM - CLASSES DESCRIPTIONS

<b>MOM'S PILATES</b>	This exciting class improves your posture and strengthens back and pelvic floor muscles. Exercise sequences are modified by our expert instructional team as your pregnancy advances.
<b>POSTPARTUM PILATES</b>	Postpartum Pilates is a wonderful way for new mothers to reconnect to their center, improve posture, and safely strengthen their body after their baby is born.
<b>PRE &amp; POST NATAL FITNESS</b>	This combination of safe strength and light cardio vascular activity targets specific muscles to help improve posture and establish core stability. Assists with reducing stresses and strains associated with major changes during pregnancy.
<b>PRE &amp; POST NATAL YOGA</b>	Yoga postures relax and strengthen the body, helping you adjust to many of the physical changes experienced during pregnancy. Focused breathing exercises additionally help you relax and prepare for a healthy pregnancy and delivery.
<b>PRENATAL PILATES</b>	This exciting class improves your posture and strengthens back and pelvic floor muscles. Exercise sequences are modified by our expert instructional team as your pregnancy advances.