


# Pre and Post Natal Program

## 01-25 May 2017

	Training Area	09:00 AM	10:00 AM	04:00 PM	05:00 PM
Sunday	FS6	Pre & Post Natal Yoga			Pre & Post Natal Fitness
Monday	FS6	Pre & Post Natal Fitness		Pre & Post Natal Yoga	
	BF Room		PPN Nutrition Education (30 min)		
Tuesday	FS6		Pre & Post Natal Yoga	Pre & Post Natal Fitness	
Wednesday	FS6		Pre Natal Pilates	Pre & Post Natal Yoga	
Thursday	FS6	Pre & Post Natal Yoga		Pre & Post Natal Yoga	
Saturday	FS6	Pre & Post Natal 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).  Like Us on Facebook at <https://www.facebook.com/AspireActive>

### PRE AND POST NATAL PROGRAM - CLASSES DESCRIPTIONS

<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>PRE &amp; POST NATAL PILATES</b>	Prenatal Pilates presents systematic exercise sequences focusing on breathing technique and postural alignment. The carefully selected exercises, in accordance to varying stages of pregnancy, promote improved muscle tone, balance and relaxation.
<b>PPN NUTRITION EDUCATION</b>	Pregnancy is a critical period during which maternal nutrition and lifestyle choices can have a great influence on mother & baby's health. This class will give you the components leading to a healthy pregnancy outcome including healthy weight gain, foods to avoid and safe food handling.