

# Cry Baby Pilates



Our Cry Baby classes have been designed with the new mum in mind. It is a core strengthening class focusing on the working relationships between the abdominals, back, diaphragm and pelvic floor muscles. Our Cry Baby Classes can help to prevent any back pain from lifting your child, improve incontinence, tone pelvic floor and treat abdominal separation post birth.

We encourage you to bring your baby (up to crawling age) and exercise in a fun and safe environment. With your baby within arms lengths, these classes are truly mum friendly. You also have the opportunity to meet, share and create friendships with other new mums and their bubs.

We allow no more than 12 to a class, allowing for close supervision of techniques so you can get the most out of each session. All Cry Baby Classes run for 1 hour and are progressive, building on the skills and exercises from the last class.

Our Cry Baby Classes are taken by qualified pre and post natal Instructors. Pilates instruction performed by our Physiotherapists may be claimable against your private health cover extras.

