

# Pilates for Mums @ BoCo Surbiton



## Mother & Baby Post-Natal Pilates

Teacher – Marzanne Swanepoel  
Tuesday 11.30 to 12.30, 12:45 to 13:45 or  
14.00 to 15.00



Had a baby recently? Then you know being a mother can be hard work. Our mother and baby post-natal Pilates class will help you to recover your pre-baby shape and boost your much-needed energy level

Our studio provides a calm and relaxed environment to help you to:

- Strengthen your pelvic floor muscles that are weakened by pregnancy to avoid problems of incontinence
- Retrain your abdominal muscles to help support your spine and pelvis and recover your pre-baby shape
- Re-educate correct postures following the natural changes in your body through pregnancy.
- Strengthen your upper body and learn how to lift and hold your growing baby to avoid back problems
- Learn relaxation techniques to reduce stress and help you to sleep

You should wait until you have been given the go-ahead by your GP at your post-natal check before joining this course. Numbers will be limited to 7 mothers and their babies to ensure individual attention and classes will last one hour. While you exercise your baby can sit in a car seat in the studio or on a mat by your side.

**About the teacher:** Marzanne Swanepoel is an experienced Chartered Physiotherapist and Pilates Instructor who trained at the University of the Free State, South Africa, and the Australian Physiotherapy and Pilates Institute (APPI). She has two children herself and has completed her training in pre-and postnatal Pilates.

Cost: £69 for 6-class course

For more information or to book email [bookings@boco-uk.com](mailto:bookings@boco-uk.com) or call Karin on 020 8399 3930 at BoCo Surbiton.