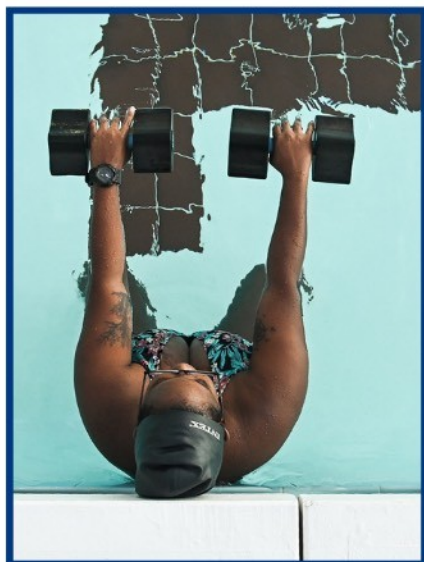




Enjoy the benefits of water exercise during your pregnancy.

Relax your body and bump!



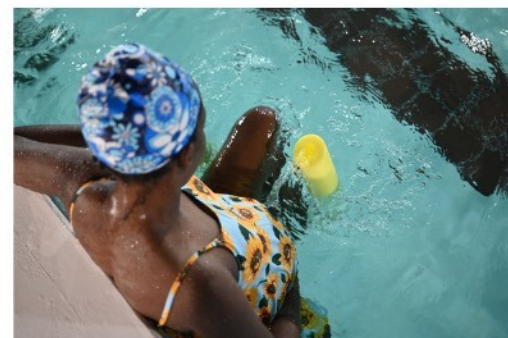
What is AquaNatal Exercise?

It is a safe and fun form of exercise which is performed in the pool.



Includes:

- 🌊 Cardio
- 🌊 Strengthening exercises
- 🌊 Core training
- 🌊 Balance exercises
- 🌊 Gentle stretching
- 🌊 Mom-to-mom chats
- 🌊 Pelvic floor exercises



AquaNatal Classes

Our classes are small, personal and interactive. All exercises are led by a licensed physiotherapist and are specific for pregnancy and post-natal recovery.

You can begin AquaNatal classes from 12 weeks of pregnancy.

Benefits

Buoyancy makes it easier to move the body.

Reduction & prevention of lower back pain.

Body positivity & birth preparation.

Joining a support network with other lovely expecting moms.



Contact Us

Physiotherapy & Optimal Performance Services (POPS)
Registered Physiotherapist
Marita Marshall

📍 **Class Location - Aquability,**
Frere Pilgrim, Christ Church.

☎ (246) 232-4754

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