



Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

Free sessions to help you and your body recover from pregnancy and childbirth.

Please arrive 15 minutes early for your first session.

Exercises featured in the sessions are designed to work your pelvic floor muscles, repair and rebuild your abdominal muscles, support your spine and strengthen your pelvis.

Clearance from a GP, usually 6 to 8 weeks after giving birth, is recommended. These sessions are suitable from this point up to approximately six months post-partum.

All low impact in nature, Postnatal Pilates is a great and controlled way for you to introduce exercise after having a baby.

Spaces in sessions are limited to 10 people so you are advised to book in advance. You will need to reserve a space each week and spaces are available on a first come first serve basis. You need to register for the programme. Once you are registered you can book via The Parks.

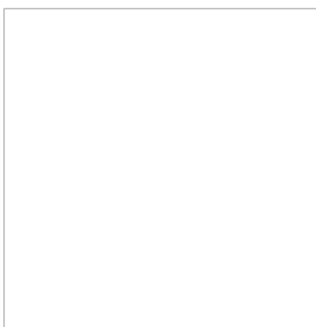
*Sessions at North Tyneside leisure centres require participants to scan their easecard at reception upon arrival and hand the receipt to the instructor. Babies are welcome to attend up to the point where they are able to crawl, please bring items with you to occupy your child throughout the duration of the session.



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<https://www.activenorthtyneside.org.uk/postnatal-pilates>

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