



Post Natal Health and Happiness

Take the first step to resuming exercise

Join our post natal pilates and stretching class, where new mums and babies can exercise together.

Learn:

- how to strengthen your muscles
- how to lift and move safely
- relaxation techniques
- the importance of stretching

Bookings essential. Please call:

Box Hill - on 9843 2900

or enquiryboxhill@aqualink.com.au

Nunawading - Katrina on 9878 4576

or katrina.mcnamara@whitehorse.vic.gov.au

**1 SESSION
WEDNESDAYS**

TIME: 1.15pm

**COST: \$90
for 6 Weeks from 1 Aug**

**LOCATION:
Aqualink Nunawading**

**2 SESSIONS
THURSDAYS**

TIME: 12.05pm and 1.15pm

**COST: \$90
for 6 Weeks from 2 Aug**

**LOCATION:
Aqualink Box Hill**



Proudly owned and operated by Whitehorse City Council.

Aqualink Nunawading
Fraser Place, Forest Hill
Phone 9878 4576

Aqualink Box Hill
Surrey Drive, Box Hill
Phone 9843 2900

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aqualink.com.au