



# 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
- to develop strength so you can lift and move safely
- relaxation techniques
- the importance of stretching

**Bookings essential. Please call:**

Box Hill - on 9843 2900  
or [enquiryboxhill@aqualink.com.au](mailto:enquiryboxhill@aqualink.com.au)

Nunawading - Katrina on 9878 4576  
or [katrina.mcnamara@whitehorse.vic.gov.au](mailto:katrina.mcnamara@whitehorse.vic.gov.au)

**WEDNESDAYS**

TIME: 1.15pm

COST: \$90 per term

TERM 1: 13 Feb to 20 Mar

TERM 2: 1 May to 5 Jun

LOCATION:

Aqualink Nunawading

**THURSDAYS**

TIME: 1.15pm

COST: \$90 per term

TERM 1: 14 Feb to 21 Mar

TERM 2: 2 May to 6 Jun

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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