



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

Nunawading - on 9878 4576
or enquiryunawading@aqualink.com.au

WEDNESDAYS

TIME: 1.15pm

COST: \$90 per term

TERM 3: 24 Jul to 28 Aug

TERM 4: 16 Oct to 20 Nov

LOCATION:

Aqualink Nunawading

THURSDAYS

TIME: 1.15pm

COST: \$90 per term

TERM 3: 25 Jul to 29 Aug

TERM 4: 17 Oct to 21 Nov

LOCATION:

Aqualink Box Hill



aqualink

Proudly owned and operated by Whitehorse City Council.

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aqualink.com.au