|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | | | | |
| MamaFit ™ classes | DESCRIPTION | WHO IS IT FOR | INTENSITY | LENGTH |
| **MamaFit™** | Where it all begins.  Learn to move your post-partum body, giving you the best chance at keeping a healthy and functional core.  Sign up for this program and receive a discount on an assessment check up with pelvic health physiotherapist – this is strongly recommended to get the most out of this class. | New mums, mums returning to fitness, mums beginning their fitness journey.  And babies, of course.  *Ideally you will complete 12 weeks here before moving on to other classes* | Low-moderate intensity  Low impact and suitable for all fitness levels.  Mostly body weight and light weight exercises.  Specifically focusing on Post Natal rehabilitation. | 45 minutes |
| **MamaFit™**  **-STRONG** | Full body Strength workout using body weight and free weights.  Learn how to correctly and safely lift, push, pull and move. Build strong lean muscles and improve function. | Anyone wanting to improve their strength.  Mums who have completed the original MamaFit™ program | Moderate intensity  low impact  exercises can be modified to suit all fitness levels | 45 minutes |
| **MamaFit™**  **-CIRCUIT** | Circuit training includes a full body workout. Training in timed intervals to increase fitness levels by keeping the heartrate up as you move through various cardio and strength based exercises. | Anyone wanting to improve their fitness.  Mums who have completed the original MamaFit™ program | Moderate intensity  low impact  exercises can be modified to suit all fitness levels | 45 minutes |
| **MamaFit™**  **-kids club** | Full body workout for mums with their toddlers. This class is specially created to be inclusive of children, by being an active mum, you are modelling healthy lifestyle habits that your children will likely learn and adopt. | Mums and toddlers – any ages.  Mums who have completed the original MamaFit™ program | Moderate intensity  low impact  Exercises can be modified to suit all fitness levels. | 45 minutes |
| **MamaFit™**  **-PREGNANCY** | A safe exercise class for pregnant women to attend through Any stage of pregnancy. Targeting the muscle groups that are put under physical load while caring for a baby- this will encourage you to maintain good posture and decrease risk of injury and/or pain.  You will also learn what you can be doing to improve function of pelvic floor muscles, what to expect in the first weeks after birth, how and when to safely return to exercise. | Pregnant women with a “normal” low-risk pregnancy.  *Check with your midwife or health care professional if you’re unsure* | Low intensity  Low impact  Pregnancy exercise | 60 minutes |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **These classes are in addition to MamaFit™**  **While they are child friendly, they are not designed specifically for Postpartum women and ANYONE is welcome to attend these classes** | | | | |
| **HIIT PLYO** | High Intensity Interval Training- And all things plyometric.  Using body weight strength and good core activation. You will be put through your paces with this hard and fast HIIT workout. | Anyone who is looking to challenge their fitness and agility.  ***not suitable for newly post-natal mums or anyone suffering from pelvic floor dysfunction*** | High intensity  High impact | 30 minutes |
| **Move it** | Beginner exercise class. A safe place to begin your fitness journey, learn correct movement patterns and build your strength and cardio fitness. | Everyone | Low-moderate intensity  Low impact | 45 minutes |