

Prenatal Fitness Classes

Be Fit for Birth – Course - Workshop

Designed to meet the specific fitness needs of the pregnant women, this three hour prenatal workshop will teach you how to keep yourself strong during your pregnancy, help prepare your body for labour and delivery, as well as help get you fit for the demands of motherhood.

It will address the post delivery recovery and teach you safe and effective exercises to re-establish your pre-pregnancy body after your new baby arrives.

The components of safe and enjoyable prenatal exercise include movement, muscular strength designed to combat the specific stresses placed on a woman's body during pregnancy, and address postural alignment.

Learning good body mechanics can help alleviate back pain and fatigue later on. This workshop will provide useful information regarding the pregnancy process and teach movement, strength, core and pelvic floor exercises along with breathing and relaxation techniques.

Pregnancy can be the perfect time to make positive lifestyle changes which include regular physical activity, healthy eating, stress management etc. The decision to improve your lifestyle during pregnancy may be the initial step toward a permanent healthier way of life for you and your baby.

For info on course content contact **Siobhán O'Reilly 086-8579938**
siobhan at paradigmhealth.ie or Contact **Martin Luschin**
086-1736720 info at FitnessClassesDublin.ie for [course bookings](#).



When:	Saturdays once a month
Next Course:	10 th September 2011, 15 th October 2011, Early December 2011
Time:	11am – 2pm
Health Investment:	€55
Where:	Fitnecise Coaching Studio, Nutgrove Office Park Unit F1, Ground Floor (see www.FitnessClassesDublin.ie "Contact Us" section for a map and venue pictures)
Booking Deposit:	€50 non-refundable (incl. 13.5% VAT) bookings are taken on a first come first serve basis.
Online booking possible at:	www.FitnessClassesDublin.ie
Max. Number of Participants:	10

Tel.: 086-1736720 – skype-user: [fitnecise](#)

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FITNECISE® Coaching

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Group Fitness and Exercise Classes - Personal Fitness Training – Personal Trainer Dublin

Corporate Health & Well Being Solutions - Group - Team - Fitness & Sport Training - Seminars - Workshops
Pilates 1-2-1 (Mat Based & Ball) or group session – Gymstick - NLP - Diet & Nutrition
Unit F1, Ground Floor – Nutgrove Office Park – Rathfarnham, Dublin 14 - Ireland

