

HEALTHY DARWIN

Weekly Activity 2026 Dry Season

Prepare & Strengthen: Clinical Prenatal Exercise

Designed for expectant mothers who want safe, structured and evidence-based support throughout pregnancy, these classes will help you stay strong, mobile and confident as your body changes.

Each session focuses on the key physical changes of pregnancy, including pelvic floor support, deep core strength, postural alignment, managing back or pelvic discomfort, and preparing the body for birth and postpartum recovery. You'll learn practical strategies to reduce common pregnancy-related aches and pains, improve breathing, and maintain strength safely as your pregnancy progresses.

Guided by qualified Exercise Physiologists, sessions are tailored to your stage of pregnancy and individual needs — helping you build strength, optimise function and prepare your body for birth and recovery with confidence and clarity.

Wednesdays 01 April - 30 September

11:00am - 12:00pm

Vitality Health & Rehab

5/8 Totem Road, Coconut Grove

★ **Bookings required! Use QR code or**

Contact: Vitality Health & Rehab

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VITALITY

Health & Rehab

To find out more about this activity,
contact the instructor directly.

Only \$5 per session!

