

Local classes suitable for mums to be or new mums

There are many different types of classes in Canterbury suitable for pregnant women and new mums – some of these that you may like to try are listed below.

[Exercise in Pregnancy Classes are held every Wednesday at the Burwood Hospital Hydrotherapy Pool.](#)

[Aqua Natal is a low-impact aqua class for pregnant people](#) at Parakiore and Pioneer Recreation and Sport Centres.

Baby and toddler water confidence sessions are also available during term time at:



- [Christchurch City Council Recreation and Sport Centres;](#)
- [Selwyn Aquatic Centre;](#)
- [Darfield Pool;](#)
- [Waimakariri Aquatic Centres;](#)
- [Amberley Pool;](#) and
- [EA Networks Centre.](#)

Most pools in Canterbury also run regular women and girl's only sessions. Check with your local pool for dates and times.

Move Ōtautahi offers several suitable classes at Parakiore:

- [Jolt Dance music and movement class for babies and toddlers with disabilities.](#)
- [Linedance Beginners for Mums, Bubs and Little Ones.](#)
- [Little Circus for Parent and Baby.](#)
- [Parent & Baby – Recover & Connect](#) supporting those with newborns to early crawlers.

[Rest and Restore is blend of gentle stretching and guided relaxation](#) that is suitable during the first and second trimesters of pregnancy.

[Movementor Pilates offers a weekly pregnancy pilates mat class](#) and has lots of helpful information on their website about pre and post-natal exercise.

[Mums 'n' tums provide a range of pregnancy and postnatal classes](#) including a floor class and a variety of different classes using swiss balls.

[Mother Wellness runs pregnancy yoga classes at Rangiora Hospital](#) – suitable during the second and third trimesters of pregnancy.

[Energised Ladies offers pregnancy and postnatal exercise classes in Kaiapoi.](#)

Bring your baby along to the following classes at the Bishopdale Recreation Centre (13A Bishopdale Court):

- [Yogalates](#) – weekly on a Tuesday; and
- [Fitness class](#) – weekly on a Thursday.

FitMums is offered on Thursday mornings at EA Networks Centre to help mums return to exercise, rebuild strength, and improve fitness at their own pace. Contact Emily Collins for more information (eanccsr@adc.govt.nz).

Other locations offering pre or post-natal yoga classes include:

- [Grassroots Yoga and Health](#) (The Tannery);
- [Opti-Mum](#) (Ferrymead and online); and
- [Essential Physio Ashburton](#).

[Find out about other pre and post-natal exercise classes and activities in Canterbury \(CINCH\)](#).

You can also ask your midwife for information on classes and other services available in your area.