

## 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 the Pioneer Recreation and Sport Centre.

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



[Movemotor 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.

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.

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.