

## 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.](#)

[A low-impact aqua class for pregnant women is available at the Pioneer Recreation and Sport Centre](#) – starting from Monday 24th June 2019.

[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.

[Pelvic Floor Matters runs a NZ online programme of pelvic floor safe exercises for women of all ages!](#) The programme is specially designed for women who have pelvic floor dysfunction symptoms such as postpartum incontinence, prolapses and incontinence issues.

[Sanctuary Health Christchurch specialises in Pregnancy Yoga classes.](#) They also offer yoga for mums and bubs and can help with postnatal recovery.

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

