

TIMETABLE



TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mernda Village Community Activity Centre		7.30pm GYMSTICK/PILATES (EXCEPT last Tuesday of the month at 8pm)					
Jindi Family & Community Centre (Mernda)				7.30pm CIRCUIT TRAINING			
Grace Park Community Hall (Greensborough)			7.30pm CIRCUIT TRAINING			9am GYMSTICK/PILATES	

RE-SHAPE Postnatal/Pregnancy Classes

Are you looking to get your body back post birth? Come and join our pregnancy classes after your 6 week check and stay as long as you like. Rehabilitate your Pelvic Floor and Strengthen your Abdominal Muscles

NOTE: YOU MUST CONTACT FIT FOR 2 PRIOR TO COMMENCING A CLASS.

All classes focus on Safe Resistance Training, Balance and Pilates exercises all focusing on core activation to minimize complications during pregnancy and an enhanced labour and birth and recovery period with a safe return to exercise program post baby.