

- ◇ Take care when getting up from the floor as you may be lightheaded.
- ◇ All activities **must be changed to low impact/ non bouncing.**
- ◇ Intensity of all classes to be reduced.
- ◇ Do not lie flat on your back or on your stomach during any exercise classes you attend. Your instructor will give you options.
- ◇ Avoid overhead work.
- ◇ Use light-moderate weights and ensure a stable base of support.
- ◇ **Avoid overstretching during cool downs and in flexibility classes.**

BodyVive, BodyBalance, Pregnancy Yoga* and Pilates (with Steph) can be commenced during the 1st and 2nd trimester. Swimming is also a suitable activity to commence.

If you are just starting to exercise now that you are pregnant remember to take it slowly and keep to low intensity (see the general guidelines).

Listen to your body and if any exercises don't feel right then stop.

If you feel particularly tired or unwell then don't attend classes, your body is telling you to rest.

Walking and swimming are good alternatives if classes become too uncomfortable.

Please speak to Serena, Zoe, Steph or Claire if you need advice.

* see overleaf for details

For more information please contact our fully qualified instructors ;

Serena Moloney
serena.moloney@kings.gg

Zoe Blake
zoe.blake@kings.gg

Steph Charlwood
steph.charlwood@kings.gg

Claire Lawrence
claire.lawrence@kings.gg

*Pregnancy Yoga

We offer Pre and Post Natal Yoga on a One to One basis with Steph who is an appleyoga Pre and Postnatal Yoga teacher (Yoga Alliance accredited course). She is also qualified in VTCT Level 3 Award in Designing Physical Activity programmes for Antenatal and Postnatal Clients. Please contact Steph directly for further information.

Pre and Post Natal Personal Training

We offer one to one sessions specifically tailored to pregnancy and the post natal period. Please contact Zoe, Serena or Claire for further information. They have a Premier Level 3 Certificate in Exercise Prescription for Pre and Post Natal Clients.



PREMIER HEALTH CLUB

T. 723366 www.kings.gg



PREMIER HEALTH CLUB

Class information during pregnancy



Tel: 723366

OPEN 06.30AM TO 9.00PM MONDAY TO THURSDAY, 06.30AM TO 8.00PM FRIDAY, AND 08.00AM TO 6.00PM SATURDAY AND SUNDAY

General guidelines

If you have been following a regular exercise programme prior to pregnancy then you should be able to maintain some programmes (with modification) throughout the pregnancy.

If you are just starting to exercise now that you have become pregnant it must be commenced slowly and kept to low intensity. Pregnancy is not a time to achieve great improvements in fitness.

Please ensure that you speak to your class instructor and advise them that you are pregnant.

They will refer you to Serena, Zoe, Steph or Claire for further consultation and advice. **This must be done at least 10 minutes before the class commences.**

- ◇ Maintain temperature control with adequate hydration and by wearing breathable clothing—if you overheat then baby can too.
- ◇ Avoid exercising to exhaustion or excessive intensity.
- ◇ Avoid exercising in hot or humid conditions.
- ◇ Adequate hydration, appropriate rest intervals, nutrition and prompt attention to any discomfort are as important as the exercise itself.
- ◇ Incorporate pelvic floor exercises into your programme.
- ◇ **Be prepared to modify your exercise as required in each trimester.**
- ◇ **Listen to your body**

When exercising if you have any of the symptoms below you should stop exercising and consult your midwife/doctor

- ◇ Vaginal bleeding
- ◇ Shortness of breath
- ◇ Excessive fatigue
- ◇ Dizziness
- ◇ Headache
- ◇ Chest pain/palpitations
- ◇ Calf pain or swelling (need to rule out thrombophlebitis)
- ◇ Premature labour/persistent contractions
- ◇ Decreased foetal movement
- ◇ Amniotic fluid leakage
- ◇ Pain-particularly in the back or pubic region

Classes suitable during 1st trimester (0-13 weeks) & 2nd trimester (14-27 weeks)

- ◇ RPM (1st Trimester Only)
- ◇ Pregnancy Yoga*
- ◇ BodyBalance
- ◇ BodyPump
- ◇ BodyAttack-low impact only
- ◇ BodyVive 3.1—low impact only
- ◇ Aquafit
- ◇ Pilates

Classes suitable during 3rd trimester (28-40 weeks)

- ◇ Pregnancy Yoga*
- ◇ BodyBalance
- ◇ BodyPump
- ◇ BodyAttack-low impact only
- ◇ BodyVive 3.1—low impact only
- ◇ Aquafit
- ◇ Pilates

All of these classes will need to be modified. Please speak to Serena, Zoe or Steph for advice. **This needs to be done at least 10 minutes before the class commences.**

Refer to leaflets for BodyBalance and BodyPump modifications.

THE FOLLOWING CLASSES /ACTIVITIES ARE NOT SUITABLE DURING PREGNANCY:

- ◇ Bootcamp
- ◇ BodyCombat
- ◇ Sprint
- ◇ CXWorx
- ◇ GRIT
- ◇ BodyStep

* see overleaf for details