

# AquaBumps Aqua-natal course with Aquatots (25 GBP)



Location

South West, Gloucestershire

<https://www.freeadsz.co.uk/x-275247-z>


AquaBumps - Aqua-natal - BOOK ONLINE 24/7 HERE

- <http://www.aquatots.co.uk/page1.asp?cid=434&pm=21> Pre and Postnatal Aqua Fit - 5 week course for £25 Our aim is to provide you with an enjoyable Aquanatal fitness programme to help you through your pregnancy in the best health you can possibly be and to prepare your body for giving birth. AquaBumps has been designed for those of you who wish to stay fit whilst being pregnant and if you are currently used to regular exercise then this is the programme for you. Classes

AquaBumps classes must be pre-booked as a block of 5. Each class lasts for 40 minutes. Support bras are recommended to be worn due to the exercise nature of the class and to aid comfort during the class. AquaBumps classes are run by qualified Aquatots Instructors who have been trained specifically in teaching AquaNatal exercises to pregnant women. We will need you to fill in a online medical form before taking part in our exercise programme, if you have any concerns please get your Doctors advice before starting. The benefits of regular exercise during pregnancy (and after) are many but just to name a few: Improved sleepImproved circulationDecrease stressDecrease in normal pregnancy oedemaImproved posture and balanceMaintain and improve stamina for labour, birth and post-natal recoveryIncrease in endorphinsImproved self

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