

# The Core

PILATES &  
REHABILITATION

[www.thecorepilates.co.uk](http://www.thecorepilates.co.uk)

Book your  
**FREE 1-1**  
assessment\*



## Pregnancy Pilates

Every Monday 8.30–9.30pm

Pilates for Runners · Mat Sessions · Pregnancy Pilates · Postnatal Pilates · 1-1 Private Sessions · Mat Sessions · Pregnancy Pilates · Postnatal Pilates · 1-1 Private Sessions · Small Classes · Private Sessions · Small Classes · Spine Rehab · Reflexology · Pilates for Beginners · Spine Rehab · Reflexology · Pilates for Beginners · Advanced Equipment Classes

# Welcome to The Core Pilates & Rehabilitation studio in Welwyn Garden City

We run small and friendly antenatal Pilates classes for ladies at all stages of pregnancy. These physiotherapy-led sessions can help manage or prevent common symptoms experienced throughout the nine months, while providing a safe and effective way to maintain fitness, strength and flexibility during a time of great change.

Every 60 minute session uses a range of Pilates equipment including:

mats • foam rollers • weighted balls  
elastic bands • exercise balls

Progression is continually assessed so that we understand your abilities and limitations during the three major phases of your pregnancy. Small classes enable us to tailor every Pilates exercise to your individual needs, while providing a great opportunity to meet up with other mums-to-be in the local area.

**\*Every new client gets a FREE 1-1 session so that a full history and flexibility assessment can be made. Book yours today!**

01707 333 336 [info@thecorepilates.co.uk](mailto:info@thecorepilates.co.uk)  
58 Tewin Road, Welwyn Garden City, Herts AL7 1BD

