

POST-NATAL CARE

Post-natal mothers keen to get back in shape may want to explore gyrotonics at The Moving Body. Gyrotonic exercises are typically done on a pulley tower and the exercises help strengthen the pelvic muscles and open the chest, offering relief from the daily weight of carrying baby. Utilising a full range of motion, the exercises help address joint stress and also build core muscles, which helps protect the back.

*The Moving Body is located at Robertson Walk, 11 Unity Street #01-23/24.
For more information on classes, call Tel: 6235 1051*

