

Challenge yourself

Stay healthy and grow stronger with us.



Mum's & Bubs fitness classes

Our Mums and Bubs fitness classes increase the well-being of Mothers and their babies from postpartum until 2 years of age!

During the class, mat work exercises with your bub assist with building strength whilst targeting your pelvic floor, increasing spinal stabilisation and increasing your general fitness post natal. This class provides a great atmosphere to bond with your little one whilst engaging with other mothers in your area!

An annual Pre-Exercise Questionnaire will be required prior to making an Fitness booking or participating in the program.

You can complete the Pre-Exercise Questionnaire electronically via the Burwood Council website or by visiting Enfield Aquatic Centre.

If you indicate 'Yes' on any of the pre-screening questions you will be required to obtain a medical clearance prior to sign-up.

Participants must be 16 years or over to attend Fitness programs.

Prices (Prices subject to change on Monday 01 July 2024)

Adult (Casual)	\$18.30
Adult (10 visit pass)	\$153.00
Concession (Casual)	\$13.30
Concession (10 visit pass)	\$112.20

Concession applies for seniors and pensioner concession card holders (Aged and disability only). Visit passes valid for 12 months.

Session Times

Monday Mornings- 11:15am - 12:15pm

9 week program commencing from Monday 29 April to Monday 01 July 2024. **Excluding Monday 10 June 2024.**

Bookings are recommended as positions are limited.

Classes are suitable for Mothers and their babies from 8-weeks post natal up to 2 years of age.

Medical clearance is required if commencement of Program is within 8 weeks from birth.

For bookings and enquiries phone 9078 6169