

EAST GRAMPIANS HEALTH SERVICE  
VALUE STATEMENTS



**INTEGRITY**

We value integrity, honesty and respect in all relationships



**EXCELLENCE**

We value excellence as the appropriate standard for all services and practices



**COMMUNITY**

We respect the dignity and rights of our community and acknowledge their beliefs, regardless of their cultural, spiritual or socioeconomic background



**WORKING TOGETHER**

We value equally all people who make a contribution to EGHS to achieve shared goals



**LEARNING CULTURE**

We strive to continually learn and develop through education, training, mentoring and by teaching others



Community Health Centre  
Girdlestone Street, Ararat 3377

Office Hours:

**Monday to Friday**

**8:30am – 5:00pm**

Appointments are required for all post-natal pilates classes.

Appointments can be made in person or by calling **03 5352 9327**.

[physio@eghs.net.au](mailto:physio@eghs.net.au)



**POST NATAL PILATES CLASSES**

Having a new baby can be stressful and tiring but also equally exciting and fun.

Exercise has been proven to relieve stress, boost energy and promote better sleep.

This brochure provides you with information on how to get started on your exercise journey post baby through pilates.



## What is pilates?

Pilates is a set of exercises, often performed on a mat, to promote strength, stability and flexibility.

## What to expect:

Join us for 60 minutes of gentle strength, flexibility and pelvic floor safe exercises under the guidance of two physiotherapists, trained during and after pregnancy care.

Our group classes are tailored to your goals, suitable for after pregnancy and catered to any fitness level.

## Exercise can:

- Boost energy
- Help prevent post-natal depression
- Promote better sleep
- Relieve stress
- Help strengthen and tone your abdominals

## Requirements:

- A 1:1 assessment completed with our pelvic floor physiotherapist prior to beginning the program.
- Minimum of 8 weeks' time after birth if you have delivered vaginally or 12 weeks if you have had a caesarean.
- Clearance from your GP to begin physical activity.

## Where? How long for?

- A 10 week program delivered face-to-face at the Community Health Centre.
- The program runs weekly on a Thursday afternoon.
- Each session runs for 60 minutes.

## Cost

The cost of the program is \$50.00 for 10 weeks. You can pay upfront or per class at \$5.00.

## What to bring:

- Comfortable clothes to exercise in including appropriate footwear
- A drink bottle
- Your bub if you would like to. Please bring toys/mat for bub to lie on during session. If your bub is crawling, they must stay in a pram during the session.

**A mat and exercise equipment will be provided for you.**

