

**New! Pregnancy Pilates Classes
by Chartered Physiotherapist
Leighton Buzzard Theatre - Mondays 10 – 11 am
New course starts Monday 23 January –
pre-registration is essential***

**Pregnant and want to keep fit and healthy?
Had a baby and want to safely get back into shape?
Stay in shape safely, relax and keep aches and pains away with
Pregnancy Pilates from St Judes.**



At St Judes we offer Pilates with a difference; our Pilates Instructors are also Chartered Physiotherapists, additionally qualified to teach Pregnancy Pilates so you know you are in expert hands at this special time. Our friendly Instructors will teach you specific exercises suitable for both during and after pregnancy.

Sign up for a six week course for £60 paid in advance. *Clients will require screening prior to attending the course – fee payable: £25.00. This is essential to ensure your programme is suited to you.

Suitable from 12 weeks of pregnancy. You can restart the class following delivery after your 6 week post-natal check with a GP letter to say that you are ok to exercise.

call: 01525 377751

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web: www.stjudesclinic.com

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St. Judes
physiotherapy, health and well being