

**Pre-natal policy**

We do not take on new clients who are pregnant, but we look forward to working with you for your postnatal journey.

If you are an existing client, we will continue to work with you at our discretions and if you have clearance from a healthcare provider and it is deemed safe to continue.

You must make sure your teacher knows that you are pregnant at each class.

**Safety guidelines****Avoid certain positions**

Lying flat on your back for extended periods should be avoided after the first trimester due to the risk of supine hypotensive syndrome.

**Modified exercises**

Exercises that involve lying on your stomach (prone) should be avoided.

**Abdominal and inner thigh work**

Modifications should be made for abdominal and inner thigh exercises to avoid potential issues like diastasis recti and pubic symphysis pain.

**Listen to your body**

Clients should not overexert themselves and should take breaks if needed.

**Stop if symptoms occur**

Stop exercising immediately if you experience any of the following symptoms: dizziness, shortness of breath, pain, or headaches.

**Class type**

Prenatal clients may only attend Essential classes.

Clients take full responsibility for themselves and their unborn child in our classes.