

Mums & Bubs Exercise Program

FREQUENTLY ASKED QUESTIONS

When can I start to participate in the program?

You must have completed your 6-week post-natal check-up and have medical clearance to exercise from your doctor. Sometimes it may take longer for you to receive clearance to resume exercise. Everyone is different, so have a chat to your doctor about your individual requirements. Ensure it is safe for you to resume physical activity.

How do I register for the program?

All participants must complete a registration form PRIOR to commencing. Full payment for the term must be received at the time of registration.

Where are classes held?

Classes are held in our Group Fitness Studio at Cardinia Life. The room is climate controlled for exercise, so is generally cool. There is plenty of space for strollers or to lay out a small blanket for your child on the floor.

How many people are in the class?

We have a maximum of 20 people in each class.

What do I need to bring?

We recommend you wear runners and suitable clothing for exercise. We also suggest a water bottle, small workout towel and your child in a stroller. You are welcome to bring anything else you may need to care for your child i.e nappy bag.

What happens in class?

The classes are different each week and are specific to each program. Fitness classes include strength and cardio options like circuit and boxing. Wellness classes include core and posture options like yoga and pilates. We have two instructors that alternate weeks to provide variation as well.

How old does my baby have to be?

At least 6 weeks old. If your baby starts to get mobile and you are concerned about their safety, we can assess your capacity to continue in the program.

What if my baby cries?

This is totally fine. Some babies sleep, some cry, some need to be fed and some need a nappy change. This is not a problem! We want you to feel comfortable in this relaxed and nurturing environment. Take time to care for your child's needs and jump back into exercise when you get the chance.