

AQUANATAL YOGA FOR PREGNANCY

run by Community Midwives

Thursdays 6:00pm - 6:45pm

Blocks of sessions
running all year round.

FROM 24 WEEKS

Made for Mams

Aquanatal Yoga at Rhondda Sports Centre

A focus on
bonding with
your baby

Gentle stretches
aided by the
buoyancy of water

Toning
without
impact

Meet other
pregnant women

Emphasis on
breathing and
relaxation

Water provides a
soothing yet stimulating
environment to prepare
for birth, particularly
waterbirth

Helps improve
flexibility of pelvic
floor in preparation
for labour

Suitable and
supportive for
women with
pelvic girdle pain



Book via the Leisure for Life app or contact:
Rhondda Sports Centre ☎ 01443 570011
Rhondasc@rctcbc.gov.uk



For up to date class information please visit:
www.rctcbc.gov.uk/madeformams

RCT Leisure

£4.20 per session
or **FREE** for Leisure
for Life members

Mae croeso i chi gyfathrebu â ni yn y Gymraeg | You are welcome to communicate with us in Welsh

Chwaraeon RhCT
Sport RCT

