

ARENA SPORTS CENTRE

POST NATAL SCHEME

Welcome to the Arena Sports Centre's Post Natal Exercise scheme, we are excited to be able to offer this fantastic opportunity to introduce a well-structured and supported exercise programme, which will mean you are able to return to exercise in a non-intimidating environment supported by our fully qualified pre and post natal fitness instructor.

Who can it help?

We have a fully qualified pre and post natal fitness instructor, who will design a programme to safely get you back into exercising after you have had your baby. We will offer classes just for new mums where you can bring your baby with you while you exercise. The course is suitable for anyone who was used to exercise before having a baby, or someone who is completely new to exercise and wants to loose baby weight and meet other new mums.



How do I join the scheme?

Your Doctor or Health Visitor can refer you to the scheme, or you can come direct to the centre and join up. It will need to be a minimum of 12 weeks after you have had your baby and you must have been told it is ok for you to start to exercise.

What will it cost?

The initial 10 week course is £40, this includes : the initial consultation, access to the gym anytime in the 10 week period, all health screens and two free post natal exercise classes a week.

Initial consultation

Your first meeting will be with our qualified instructor, who will do a health screen with you and take you around the gym equipment to familiarise you with the facility. The instructor will also build a basic programme for you to begin your exercise programme. You will need to wear loose comfortable clothing and trainers as you will be using the equipment during this session.

ARENA SPORTS CENTRE

POST NATAL SCHEME cont'd



What's next?

After your initial consultation you will be able to use the gym whenever you want to. The gym always has an instructor working, so you can be confident that if you need some help or advice there will be

someone there to assist you. You will have an attendance record and health screen record that we will keep for you, so you can track the progress you are making over the course.

Free Classes

Twice a week you will have the opportunity to join a free class specifically for the new mums on the scheme. These classes will take place in the Fitness Hub, dance studio or one of our community rooms, completely separate to the main gym. As these classes are solely for new mums on the post natal course, will be able to bring your baby with you to the class.

What happens at the end of the 10 weeks?

At the end of your 10 week course, you will have a one to one meeting with one of the fitness staff. They will do a final health screen and discuss how you have improved over the course. You will then be able to join the gym to continue to stick to your new exercise programme in the environment that you feel safe and relaxed, knowing that the staff are always there to help if you need it.



ARENA SPORTS CENTRE

Westloats Lane, Bognor Regis. PO21 5JD

Tel: **01243 870000** email: info@arenasportscentre.com

www.arenasportscentre.com