



Aqua Bump Classes*

Bookings Essential 55 618 111

***Initial physiotherapy assessment required prior**

Aqua exercise is recommended by obstetric colleges world-wide as the safe exercise option when you are pregnant.

Wednesday - Bubble Swim Academy

Saturday - Rackley's Coomera Anglican College

\$25 physio fee (claimable on Private Health Insurance)

Plus \$5 pool fee

Benefits:

- **Reduce aches and pains**
- **Decrease swelling of feet, ankles and hands**
- **Promote better sleep**
- **Decrease stress levels**
- **Fitter and stronger**
- **Help maintain a healthy weight**
- **Cope better with labour**
- **Enjoyment**