



19 August 2009

Free pilates for Honiton mums

Honiton Swimming and Leisure Centre is set to run a free pre- and post-natal pilates course for mums-to-be and new mums, sponsored by Honiton Community College.

Starting on 7 September the 12-week course will be for pregnant women who have exercised before becoming pregnant but are struggling to find a manageable alternative to their previous regime, and new mums who have had their six-week check.

The course will focus on core stability, with all exercises based on small, controlled movements designed to strengthen and tone as well as relax the body and mind. Pilates can help aid the reduction of back pain, improve control of the pelvic floor and strengthen the muscles that support your spine and carry the baby. It can also improve endurance, help keep blood pressure low, develop upper body strength and help to regulate sleep patterns – all important for new mums.

“There are so many fantastic health benefits from pilates, both physical and emotional, and it’s fantastic to be able to work with Honiton Community College to offer this free service to local mums and mums-to-be,” said course instructor Jude Schmidt of Leisure East Devon (LED), the charitable trust that runs Honiton Swimming and Leisure Centre. “Not only will the course help you feel great, you will get to meet other local mums and share your experiences. Pilates can be specially designed to meet an individual’s needs and we can adapt all the exercises to suit each participant’s fitness levels. All we ask is that pregnant women are used to exercising prior to becoming pregnant, new

mums have had their six week check, and that everybody consults their GP prior to starting the course.”

As the classes are free, demand is expected to be very high and pre-booking is recommended due to limited spaces. Starting on 7 September the course will run every Monday from 1pm–2pm at Honiton Swimming and Leisure Centre for 12 weeks, excluding half term.

For more information visit Honiton Swimming and Leisure Centre or call 01404 42325.

Ends

Notes to editors:

1. Leisure East Devon Ltd was established on 1 January 2006. East Devon District Council's leisure facilities and equipment assets are leased to it.
www.ledleisure.co.uk
2. The facilities are: Axe Valley Leisure Centre; Broadclyst Leisure Centre; Colyton Leisure Centre; Ottery St Mary Leisure Centre (Colin Tooze Sports Centre); East Devon Tennis Centre; Exmouth Swimming and Leisure Centre; Exmouth Pavilion; Exmouth's Phear Park; Honiton Swimming and Leisure Centre; Seaton's Seafield Gardens; Sidmouth's Coburg Road; Sidmouth Leisure Centre and Sidmouth Swimming Pool.

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