

Pre & Post-Natal Pilates Policy

Your Safety, Comfort & Strength Come First

At our studio, we're here to support you through every stage of your pregnancy and recovery. Pilates can be an incredible tool to help you stay strong, mobile, and connected to your body — but it's important that we adapt your practice to keep you and your baby safe. Below you will see our policy outlined for class attendance, but you always have the option to have private sessions if you prefer.

We have a blanket rule that we do not accept NEW clients into classes with NO previous reformer Pilates and are pregnant. We would however welcome a discussion about your situation and look at offering private 1:1 sessions - please email us to discuss.

The following policy information is related to existing clients and those attending regular reformer Pilates. If you have had a break from reformer Pilates, then we would recommend a private session before re-attending classes. Again, we will discuss individual cases with you, please get in touch.

We may sometimes recommend you having a private pre-natal assessment at any stage during your pregnancy to help manage pregnancy symptoms such as PGP, abdominal separation, carpal tunnel syndrome that will help to keep you safe and active throughout your pregnancy.

During Pregnancy (Prenatal)

First Trimester (0–12 weeks)

- If you were already doing reformer Pilates before pregnancy, you may continue with your practice at MY Pilates House in ANY class. Classes will be adjusted to keep you comfortable and safe.
- You must complete the additional medical PRE-natal PARQ to participate in classes.

Second Trimester (13–27 weeks)

- Through your second trimester, we recommend **LIGHT** and **FULL BODY** classes (not **DYNAMIC**) on certain days and times with specific teachers and on a case-by-case basis with clients which we will discuss with you individually.
- We may sometimes recommend you having a private pre-natal assessment at 20 weeks.
- If there are any complications/issues, these **MUST** be communicated.

Third Trimester (28+ weeks)

- Through your third trimester, we recommend **LIGHT** and **FULL BODY** classes (not **DYNAMIC**) on certain days and times with specific teachers and on a case-by-case basis with clients which we will discuss with you individually.
 - You will be provided with extra modifications and expect plenty of support from props and options for rest.
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After Pregnancy (Post-Natal)

- Before returning, you'll need **medical clearance from your doctor or physiotherapist**.
 - Usually, 6 weeks after vaginal birth.
 - Usually, 9 weeks after a caesarean birth.
 - We require our separate POST-natal PARQ to be filled out.
 - Once cleared (even up to 6 months post-delivery), we recommend you having a private 1-1 session before then starting with **LIGHT or FULL BODY** classes on certain days and times with specific teachers to rebuild gently.
 - You must inform us about any conditions (e.g. abdominal separation, pelvic floor concerns), so we can tailor your session and guide you accordingly.
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Your Responsibility

- Always let us know if you are pregnant or post-natal (even if early or newly cleared).
 - Listen to your body - if something feels uncomfortable, stop and let your teacher know. Early pregnancy symptoms can mimic signs of dehydration, please make sure you bring water with you and eat something small prior to class.
 - We recommend trying to attend the same class with the same teacher each week for consistency so your teacher can guide and work alongside you during your pregnancy.
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Our Responsibility

- We will provide safe and supportive modifications at every stage.
- Our instructors are trained in pre- and post-natal exercise considerations but there are specific classes that are more suitable for you as per detailed above.
- We will create an inclusive environment where you feel comfortable and empowered.

