

# Pregnancy Exercise Classes

## Antenatal, Postnatal and Mother/Baby

- Check details of session times and prices with providers
- If no specific antenatal or postnatal class is offered, ask if you are able to attend a beginner's level class.

### Floor Exercises

Provider / Venue	Suburb	Phone	Ante-natal	Post-natal	Baby join in	Creche / Child care
<b>Beatty Park Leisure Centre</b> (pilates) 220 Vincent St <a href="http://www.vincent.wa.gov.au">http://www.vincent.wa.gov.au</a>	North Perth	08 9273 6086	✓	✗	✗	✓
<b>Cannington Physiotherapy</b> 14 Pattie St	Cannington	08 9351 8737	✗	✗	✗	✗
<b>Central Bassendean Physiotherapy</b>	Bassendean	08 9279 7411	✗	✗	✗	✗
<b>Challenge Stadium</b> (pilates) Stephenson Ave <a href="http://www.challengestadium.wa.gov.au/">http://www.challengestadium.wa.gov.au/</a>	Mt. Claremont	08 9441 8222	✓	✗	✗	✓
<b>Goldfields Oasis</b> <a href="http://www.goldfieldsoasis.com.au/about.html">http://www.goldfieldsoasis.com.au/about.html</a>	Kalgoorlie	08 9022 2922	✗	✗	✗	✓
<b>Joondalup Child Development Centre</b> Regents Park Rd	Joondalup	08 9400 9533	✗	✓	✗	✓
<b>LifeCare Physiotherapy</b> 322-324 Canning Hwy (pilates) 202 Cambridge St (pilates) Cnr Wanneroo Rd & Hepburn Ave	Bicton Wembley Kingsway	08 9438 3444 08 9489 6266 08 9409 3993	✗ ✗ ✗	✗ ✗ ✗	✗ ✓	✗ ✗ ✗
<b>Lords Sports Club</b> 588 Hay St <a href="http://www.lords.com.au/">http://www.lords.com.au/</a>	Subiaco	08 9381 6666	✗	✗	✗	✓
<b>Melville Aquatic Centre</b> Marmion St <a href="http://www.melvillecity.com.au/">http://www.melvillecity.com.au/</a>	Booragoon	08 9364 0825	✗	✗	✓	✓
<b>Mercy Physiotherapy</b> <a href="http://www.mercygroup.com.au/">http://www.mercygroup.com.au/</a>	Mt Lawley	08 9271 9422	✓	✓	✗	✗

<b>The Pilates Academy</b> Unit 4/15 Vanden Way <a href="http://www.pilatesacademy.com.au/">http://www.pilatesacademy.com.au/</a>	Joondalup (behind Houseworks)	0403 007 317	✓	✓	✓	✗
<b>Southcare Physiotherapy</b> St. John of God Health Care	Murdoch	08 9366 1730	✓	✓	✓	✗
<b>State Swim</b> <a href="http://www.stateswim.com.au/">http://www.stateswim.com.au/</a>	Whitfords	08 9243 7936	✗	✓	✓	✗
<b>Super Babes Australia</b>	Applecross	1300 760 009	✗	✓	✓	✗

## Yoga

Provider / Venue	Suburb	Phone	Ante-natal	Post-natal	Baby join in	Creche / Child care
<b>Beacon Yoga Centre</b> Cnr South and Field Sts. <a href="http://www.beaconyogacentre.org.au/">http://www.beaconyogacentre.org.au/</a>	Beaconsfield	08 9335 9339	✓	✓	✓	✗
<b>Challenge Stadium</b> Stephenson Ave <a href="http://www.challengestadium.wa.gov.au/">http://www.challengestadium.wa.gov.au/</a>	Mt. Claremont	08 9441 8222	✓	✓	✗	✓
<b>Fremantle Yoga Centre</b> Door 2, the 'E' Shed, Victoria Quay <a href="http://www.fremantleyoga.com/">http://www.fremantleyoga.com/</a>	Fremantle	08 9431 7794	✓	✓	✗	✗
<b>Greenwood Yoga Centre</b> <a href="http://www.greenwood-yogacentre.com.au/">http://www.greenwood-yogacentre.com.au/</a>	Wangara	08 9342 3355	✓	✓	✓	✗
<b>Harmony Yoga</b> Boulevard Centre	Floreat	08 9339 0037 0438 916 530	✓	✓	✓	✗
<b>Morley Recreation Centre</b> Wellington Rd <a href="http://www.morley.ymca.org.au/">http://www.morley.ymca.org.au/</a>	Morley	08 9375 3529	✗	✗	✗	✓
<b>North Perth Yoga Room</b> 5 Blake St <a href="http://members.iinet.com.au/~yoga/">http://members.iinet.com.au/~yoga/</a>	North Perth	08 9444 9227	✓	✗	✗	✗
<b>Transformational Yoga Institute / Family Nurturing Centre</b> 610 Stirling Hwy (rear entrance, opposite railway station)	Mosman Park	08 9383 2229	✓	✓	✓	Negotiable
<b>WA School of Yoga</b> 10 Queen Street 159 Onslow Road	Perth Shenton Park	08 9481 6113 08 9381 9916	✓	✗	✗	✗

<a href="http://www.wasyperth.com.au/">http://www.wasyperth.com.au/</a>						
<b>Pregnancy Now Yoga</b> Alf Faulkner Hall Cnr Mary Cres & Ivanhoe St	Bassendean	08 9377 0227	✓	✓	✓	NA
<b>The Yoga Company</b> 136 Rokeby Road <a href="http://www.theyogacompany.com.au/">http://www.theyogacompany.com.au/</a>	Subiaco	08 9388 6683	✗	✗	✗	✗
<b>Yoga Space</b> <a href="http://www.yogospace.com.au/">http://www.yogospace.com.au/</a>	West Perth	08 9243 5114	✓	✓	✓	✗

## Water-based exercises, aquarobics

Provider / Venue	Suburb	Phone	Ante-natal	Post-natal	Baby swim	Creche / Child care
<b>Beattie Park Leisure Centre</b> <a href="http://www.vincent.wa.gov.au/">http://www.vincent.wa.gov.au/</a>	North Perth	08 9273 6086	✓	✗	✗	✓
<b>Belmont Oasis Leisure Centre</b> <a href="http://www.belmont.wa.gov.au/scripts/viewarticle.asp?NID=5304">http://www.belmont.wa.gov.au/scripts/viewarticle.asp?NID=5304</a>	Belmont	08 9277 1622	✗	✗	✓	✓
<b>Cannington Physiotherapy</b> 14 Pattie St	Cannington	08 9351 8737	✗	✗	✗	✗
<b>Central Bassendean Physiotherapy</b>	Bassendean	08 9279 7411	✗	✗	✓	✗
<b>Challenge Fitness Centre</b> <a href="http://www.challengestadium.wa.gov.au/index.php?id=150">http://www.challengestadium.wa.gov.au/index.php?id=150</a>	Claremont	08 9441 8259	✗	✗	✗	✓
<b>Fremantle Leisure Centre</b> <a href="http://www.fremantle.wa.gov.au/facilities/text/leisure.cfm">http://www.fremantle.wa.gov.au/facilities/text/leisure.cfm</a>	Fremantle	08 9432 9533	✓	✓	✓	✓
<b>Goldfields Oasis</b> <a href="http://www.goldfieldsoasis.com.au/about.html">http://www.goldfieldsoasis.com.au/about.html</a>	Kalgoorlie	08 9022 2922	✓	✓	✓	✓
<b>LifeCare Babyswim</b> <a href="http://www.lifecare.com.au/services/swim.html">http://www.lifecare.com.au/services/swim.html</a>	Bassendean Bicton Bunbury Cannington Joondalup Landsdale Mt Lawley Murdoch South Perth Wembley	1300 650 766 08 9279 7411 08 9438 3444 08 9722 1649 08 9351 8737 08 9300 0755 08 9409 3993 08 9271 9422 08 9366 1730 08 9367 3133 08 9489 6266	✗	✗	✓	✗

<b>Lords Sports Club</b> 588 Hay St	Subiaco	08 9381 6666	✗	✗	✗	✓
<b>Mercy Physiotherapy</b>	Mt Lawley	08 9271 9422	✓	✓	✗	✗
<b>Melville Aquatic Centre</b> Marmion St <a href="http://www.melvillecity.com.au/">http://www.melvillecity.com.au/</a>	Booragoon	08 9364 0825	✗	✗	✓	✓
<b>Southcare Physiotherapy</b> St. John of God Health Care	Murdoch	08 9366 1730	✓	✓	✓	✗
<b>South Lake Leisure Centre</b> <a href="http://www.cockburn.wa.gov.au/">http://www.cockburn.wa.gov.au/</a>	South Lake	08 9417 3003	✗	✗	✓	✓
<b>SwimWest</b> Selby St <a href="http://www.swimwest.com/">http://www.swimwest.com/</a>	Wembley	08 9387 1122	✗	✗	✓	✗
<b>State Swim</b> <a href="http://www.stateswim.com.au/">http://www.stateswim.com.au/</a>	Canning Vale East Fremantle Hillarys Joondalup Osborne Park	08 9256 1677 08 9339 4520  08 9401 1155 08 9300 0500 08 9444 1044	✗	✗	✓	✗

**While every effort has been made to ensure that this publication is correct at the time of printing, this information is subject to frequent change.**

**The Health Information Resource Service welcomes feedback about any errors or omissions.**

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