

You can't look after your baby if you don't look after yourself!

Present this flyer to receive a free training session!

“Mums and Bubs” training groups at Sydney Exercise Physiology are specifically designed for new mothers to help you...

- Lose your pregnancy weight
- Speed up your metabolism
- Strengthen your pelvic floor
- Strengthen your back
- Give you more energy

With expert guidance and advice from Accredited Exercise Physiologists and Physiotherapists, you know you will have the safest and most effective results.



- ✓ Healthfund and Medicare rebates may be available.
- ✓ Onsite Child Minding!

Sessions are based around interval training, which involves both weights and cardio. This approach is shown to promote the greatest fitness and weight loss benefits.

Classes are currently held on Monday, Wednesday and Friday mornings. Bookings are essential.

To reserve your place call:

8021 6515



**Sydney Exercise Physiology
and Physio on Bronte.**

115 Bronte Rd, Bondi Junction.

For more information about our classes or our other specialist services visit:

www.sydneyexphys.com.au

