



My Therapy Crew

Fit Mums & Minis

Join our Empowering Fitness Journey with Your Little One!

Are you a new mum looking to regain your strength, energy, and confidence after pregnancy? Look no further! Our Fit Mum's & Mini's Circuit Class, led by our physiotherapist Bree is designed exclusively for mums like you who want to prioritise their well-being while bonding with their little bundles of joy.

What Does It Involve?

This is an indoor fun and positive 45-minute group circuit-based exercise class that is both child and all fitness levels friendly! Our class is run by a qualified physiotherapist so exercises can be modified specifically to your health, post-natal journey and fitness level. Our goal is to provide a space that makes it easier for busy mums to exercise without having to leave the kids! We believe that exercise is done best when you are having fun and enjoying yourself with others.

What Kinds of Exercises Will Be Included?

Specific exercises are selected to support post-natal mums with a combination of cardio, core and strengthening for the whole body.

When and Where Does It Run?

This is a term-based class – the next block commences in Term 2 beginning on the 19th of April and will be run weekly for 10 weeks on Friday at 10:00am. Location is the My Therapy Crew Office on Level 2, Unit 1/1808 Logan Road, Upper Mount Gravatt Brisbane.

Can I Bring My Baby/Toddler?

Yes please! And do not worry - we welcome noise and disruptions (as therapists, we are used to it!). Evidence has shown that children who see their parents exercise are more likely to be active themselves and live a healthy lifestyle, so we encourage children to come along and play while watching mum work out! We will have a play space in the middle of the room so that you can always see your little one, or you can include them in the exercises if you wish.





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How Fit Do I Need to Be?

The exercises will be scaled and modified to suit individual fitness levels (for example, there may be variations of the same exercise and you can select your difficulty), so whether this is your first time exercising, or are a seasoned athlete, everyone will enjoy a good workout that suits them! Please ensure that you have completed your 6-week post-natal check with your doctor to clear you for exercise.

How Much Does It Cost?

It is \$25 per class if you want to pay as you go or alternatively you can purchase a discounted package for 5 sessions for \$100. Private health rebates may apply but please check with your health fund. We accept all health funds and are NIB preferred.

What Do I Need to Bring?

It is best to wear a supportive sports bra and comfortable exercise clothing. Ensure to bring a water bottle. Toys and mats are provided but if you would like to bring your own, feel free to do so!

How Do I Book In?

Call our friendly admin team on 07 3139 1202 to book in. There are only **10 spots available** so book in today to secure your place! If you have any queries about the class, feel free to email our physiotherapist Bree directly on breanna.collins@mytherapycrew.com.au

**We look forward to partnering
with you on your fitness
journey!**



At a Glance

- 10 week circuit fitness group class
- All mums & mini's welcome!
- Held at My Therapy Crew in Upper mount Gravatt
- PAYG \$25 per session
- Buy 5 sessions pack for \$100

