

## Pregnancy Pilates Classes With Peverell Pilates

Pilates is a holistic and complete workout for the entire body and mind. Because your body changes during pregnancy your exercise needs also change. From 16 weeks of pregnancy, Pilates exercises can offer a safe, effective and enjoyable exercise programme that keeps you fit, toned, flexible and increases stamina. Pilates exercises help to prepare you for labour and motherhood by learning how to use your body well and have confidence in your ability to manage your pregnancy, labour and the birth itself. Classes take place at various venues in Dorchester.

### Contact

**Telephone** 07967 655159  
**Email** [kathyashdown@peverellpilates.com](mailto:kathyashdown@peverellpilates.com)  
**Website** <http://peverellpilates.com/index.htm>

### Venue

**Venue address** Various across Dorchester  
**Locality** West Dorset

### Other information

**Availability** All year  
**Additional Information** Classes must be booked - please call, text or email for information and to book your place. In accordance with Body Control Pilates professional standards a client enrolment form must also be completed - this can be downloaded from our website.

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.