

FREE NHS Postnatal Pelvic Floor Pilates

Strengthen your Pelvic floor, core and reconnect with your body in a supportive environment.

Thursdays at 10:00am

Walsall Gala, Tower Street, WS1 1DH

Led by the Perinatal Pelvic Health Service (PPHS), these classes are designed to support recovery and long-term pelvic health.

Moms are welcome to stay for a free baby sensory class 11-11:45am

45 minutes per session

5 weeks starting on 20 November until 18 Dec

Eligibility:
Open to postnatal women 8 weeks to 12 months postpartum

Spaces are limited! Registration required – sign up here

(bring your confirmation email to the class)



Your information will be securely held by your local NHS trust and used only for your care.

