

Pregnancy Pathway

Start Here

And continue your journey with a personalised program

You have 1 or more of:

Pain

pelvic, back, abdominal

Incontinence

Special circumstances relating to your pregnancy

A Preference for working with a Physiotherapist

Physiotherapy

Assessment and Clinical Pilates program

Clinical Pilates

Small group Pilates supervised by a Physiotherapist working from individually tailored exercise program

Max 4 people per class

You are:

Pain free
Not incontinent
Active pre-pregnancy
A preference for working with a qualified Fitness Instructor

Assessment

with an Exercise Scientist

Fitness Training

1-on-1 Personal Training
Fitness Pilates/Classes

Max 8 people per class

3rd Trimester

Training at this final stage of pregnancy needs to be changed for the safety & comfort of our clients

1-on-1 Personal Training may continue and/or transition to Clinical Pilates following a Physiotherapy Assessment

Max 4 people per class

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Postnatal Pathway

Start Here

And continue your journey with a personalised program

You have 1 or more of:

Pain

pelvic, back, abdominal

Incontinence

Less than 8/10 weeks postpartum

Caesarean

Complications related to pregnancy or childbirth

A Preference for working with a Physiotherapist

Pain free

You are:

Not incontinent

No previous complications with pregnancy or childbirth

More than 10 weeks postpartum

A preference for working with a qualified Fitness Instructor

Physiotherapy

Assessment and Clinical Pilates program

Assessment

with an Exercise Scientist

Clinical Pilates

Small group Pilates supervised by a Physiotherapist working from individually tailored exercise program

Max 4 people per class

Fitness Training

1-on-1 Personal Training Fitness Pilates/Classes

Max 8 people per class

Assessment

Following clearance from your treating Physiotherapist, transition can be made to Evado's fitness stream