

Thanks to sponsors we try to offer the fitness class for free to give all mothers the chance to participate. If you like the fitness class, then your donation would be greatly appreciated!

Verein für präventive Ernährungs- und
Bewegungsberatung in der Schwangerschaft
bis ein Jahr nach Geburt PEBS
Frauenklinikstrasse 10
8091 Zürich

Migros Bank
IBAN: CH19 0840 1000 0575 5977 5



Fitness for pregnant women

Das Projekt wird unterstützt von:



Fitness during pregnancy

► What

This body training is designed for pregnant women from 15 weeks of gestation on and includes controlled cardiovascular training with music. We exercise to prevent possible pregnancy related discomfort, like heavy legs and pain in the back. The breathing and relaxing techniques to use in labour will be part of the training.

► When

Mondays from 18.00–19.00 o'clock and 19.00–20.00 o'clock

► Where

UniversitätsSpital Zürich
Room U Ost 103

► Class instructor

Viviana Velardi

Attention:

Main building, not in the clinic of obstetrics. Please see the separate map and reserve enough time to find the room.

Registration

Viviana Velardi
Phone: 043 300 46 56
Mobile phone: 076 482 67 67
E-mail: vivianavelardi5@gmail.com
www.rundumdiemama.ch
German, Italian

Dance and fitness during pregnancy

► What

This course teaches both cardiovascular training and oriental dance. It is fun to explore the possibilities of your body by dancing and to move with exotic rhythms. We will strengthen the muscles in your arms, legs and back and improve the sense of coordination and balance.

► When

Fridays from 18.15–19.15 o'clock and 19.15–20.15 o'clock

► Where

UniversitätsSpital Zürich
Room U Ost 103

► Class instructor

Barbara Bär

Attention:

Main building, not in the clinic of obstetrics. Please see the separate map and reserve enough time to find the room.

Registration

Barbara Bär
Mobile phone: 079 369 27 35
E-mail: mahara-b@sunrise.ch
www.maharas.ch
German, French, English

Important information

► When to start

It is important to start exercise early during pregnancy. The best is at 15 weeks of gestation or earlier.

If you feel uncertain, you can bring a friend or family member to the first class.

► Equipment

We recommend comfortable clothing (leggings, T-shirt), antislip socks or gym shoes. A changing room is available. Please bring an extra T-shirt to change after class.

► Insurance

Insurance is the participants own responsibility.

Get in shape with our fitness classes after pregnancy.

More information:
www.buggyfit.ch
