



FAQ's about the Core Mom small group exercise classes held at the Center for Health & Fitness and AdventurePlex.

1. What does "Core Mom" stand for?

Corrective Obstetrical Related Exercise

2. Who is Core Mom small group classes appropriate for?

Both prenatal women in all 3 trimesters and postpartum mothers from 6 weeks to 24 months post childbirth

3. Are Core Mom classes baby friendly?

Yes, ALL Core Mom classes are baby friendly for non-mobile babies (usually up to 9 months)

4. Is childcare available for older babies, toddlers or children?

Yes, childcare is available for an additional fee for older babies and toddlers at both facilities. Please contact Center for Health and Fitness or Adventure Plex directly for more information.

5. What kinds of exercises are done in Core Mom classes?

Core Mom classes combine functional movement with full body strengthening and corrective exercises to help women improve their posture, endurance and specifically strengthen their pelvic floor and core muscles. The classes combine the use of body weight, resistance bands, free weights, stability balls, TRX and Pelvicore Balls (see below) for optimal full body exercise.

6. What if I have a pregnancy-induced injury such as Diastasis Recti, De Quervains, Incontinence or other injuries because of childbirth, are these classes safe?

Yes, every Core Mom instructor is familiar with every pregnancy-induced injury and able to help modify any exercises when necessary. All exercises performed in the Core Mom classes are safe for any stage of pregnancy and postpartum barring any pre-existing medical conditions.

7. What do I bring for a Core Mom class?

When you arrive for your Core Mom class you are welcome to come with or without your baby (if they are non-mobile). Baby can stay in his or her car seat or stroller you are also welcome to wear baby in a baby carrier that provides ample back support or allow baby to relax on a blanket. Please bring anything

you need for your baby for the hour (toys, bottle, pacifier, blanket, etc). Do not forget to bring plenty of water for yourself and a towel, we provide all other necessary equipment.

8. What is the Pelvicore Ball and how is it beneficial in pre- and postnatal fitness?

The Pelvicore Ball is an innovative piece of equipment designed by a physical therapist who specializes in women's health. The ball activates pelvic floor muscles while performing basic functional exercises.

9. If I have any further questions who can I contact?

Please email Danielle@bionicbody.com for any further questions.