

Group
sessions
from 13th week
of pregnancy



Your cardio and strength training

Gym during pregnancy

You're pregnant and want to stay active or be more active?
But you don't know where or how to carry out your exercises?
Therefore, join our fitness course for pregnant women.
Do something good for yourself and your child.

Gym as preparation for giving birth

During pregnancy, 150 - 300 minutes of physical activity per week are recommended. You can start with exercises even in early pregnancy. Our cardio- and muscle training includes relaxation and stretching. The interaction between mothers-to-be is also part of the program.

Course

Tuesday, 18.15 – 19.15 p.m.

Venue

University Center for Prevention
and Sports Medicine
Forchstrasse 319
8008 Zurich

Cost

5-session subscription CHF 125.–

10-session subscription CHF 225.–

Introductory lesson CHF 25.–

The course is certified by 'Qualitop'. If you have supplementary insurance, some health insurance companies will reimburse a part of the costs for the course.

Joining the group sessions

These classes are intended for women after the 13th week of pregnancy, with the agreement of their doctors. It is possible to join the course at any time, after consultation.

Registration and further information

PEBS association / buggyfit

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