



IDA-TALLINNA KESKHAIGLA

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## Water aerobics for the pregnant

**The Clinic of Medical Rehabilitation offers water aerobics for pregnant women. Water is a good method for relaxation, You will feel lighter in water and relax your overstrained muscles and reduce lower back pain.**

The physiotherapist's instructions help you to perform the exercises and leave your everyday worries behind. We await women in all stages of pregnancy and the exercises are suitable for everyone. Accessories – pool noodles, balls, foam dumbbells - are used during exercises and help to maintain balance.

We ask you to bring your own swimwear, hygienic products, hand towel and shoes with anti-slip soles.

Duration: 30 minutes

The service is paid.

### **Appointments can be booked:**

- by phone [666 1900](tel:6661900) **Mon-Fri 7:15-18:00**
- at the reception