

Information Pack

Pre & Post Natal Bootcamps

Supporting women to stay strong through pregnancy & beyond



For class & course bookings download the GymCatch App and search for Brooks Fitness



Email: hello@brooks-fitness.co.uk



[BrooksFitnessPT](https://www.facebook.com/BrooksFitnessPT)



[brooks_fitness_pt](https://www.instagram.com/brooks_fitness_pt)

About Classes...

Classes are delivered by Kate Brooks, she instructs a number of group exercise classes in Rossendale for pregnant women and new mums - [Mum-to-Be Bootcamp](#), [Mum & Baby Bootcamp](#) & [Buggy Bootcamp](#). Supporting women to stay strong and active through pregnancy and beyond. Informal, friendly and fun, these classes are as much about the social as they are the exercise. Bringing women together to share the journey, make friends and stay strong... every bit the sisterhood and support group!

[Mum-to-Be Bootcamp](#) is a studio-based group exercise class for pregnant women. Suitable for all stages of pregnancy, so long as you're not suffering from any contraindications (explained more below). Focus for exercise in pregnancy is to build and maintain strength through the posterior chain (muscles at the back of the body), glutes, core & pelvic floor. To minimise pregnancy related aches & pains, ensure you're fit & strong for labour, and to support with recovery. All abilities and experience levels can most definitely take part in classes. There's always lots of modifications for moves given, and support with form and technique throughout.

[Mum & Baby Bootcamp](#) is a studio-based group exercise class for mums and wee-ones. A class you can take part in once you've been signed-off and given the OK to start back exercising, which usually happens between 6-12 weeks. Most importantly you need to feel good and ready! Focus for exercise postnatally is rehab & recovery, building back strength, especially in your core & pelvic floor. To boost energy levels, build confidence and focus on the feel-good that endorphins give. Whether you had a vaginal or c-section delivery, everyone's recovery is different. You work at a level you are comfortable with, modifying moves as needed... zero pressure! Rest, feed, change baby as and when needed.

[Buggy Bootcamp](#) is an outdoor group exercise class for mums and wee-ones in their buggies or carriers. A class you can take part in once you've been signed-off and given the OK to start back exercising, which usually happens between 6-12 weeks. Most importantly you need to feel good and ready! Focus for sessions is strength and fitness, to support rehab & recovery. Every class is different, taking in the stunning surroundings, and using the fixtures & fittings of the park and green spaces at Stubbylee. Whilst getting a mega dose of feel-good endorphins and vitamin D boost. Everyone works at different levels, modifying moves as needed... all about the fun times and fresh air!

Studio-based classes are delivered at Station 22 in Waterfoot, 5 Lench Road, BB4 7JH. Buggy Bootcamp is delivered at Stubbylee Park in Bacup, OL13 0DE. Both great venues/locations, easy to get to, with plenty of free on-site parking and all that you need.

Studio-based classes are delivered in 4-week blocks/courses or you can pay per session, if there is space on a class/course. Buggy Bootcamp runs 3 x per week, you can purchase a 4-week unlimited pass or pay per session.

About Kate...

Hey... I'm Kate

I'm a Level 3 personal trainer, and I specialise in pre & post natal exercise. I've supported lots of women to stay active and strong through pregnancy and beyond over the years, through personal training and my bootcamps, rest assured you are in safe and knowledgeable hands. I love my job! It's a privilege to be part of a pregnancy journey, such a special and incredible time... what a woman's body goes through will always blow my mind - we women are wondrous!



Exercising through pregnancy is so beneficial for you and baby, to be strong in body, bump and mind, to minimise aches and pains throughout, and to support labour and recovery. Getting back into exercise the right way after having your baby, gradually building intensity and impact, is so important too. If I had a £1 for every time I train a woman that says she wished she trained through pregnancy (before knowing about me/my classes), I'd be a very wealthy woman! Pregnancy is a time where so many changes are happening to your body, that are out of your control, and so exercising gives you back a level of control. Endorphins are wondrous things, they give you energy, make you feel empowered, make you feel strong in body and mind, give you the best boost! It's my job to support and show you...

My approach is relaxed and informal in all the classes I instruct. I strive to create a laid-back, friendly and welcoming atmosphere. A space where we openly discuss anything and everything... you'll most likely know my life story after a couple of classes. They truly are as much about the social and support, as they are the exercise. We ditch the Lycra and go out out on socials throughout the year too. There are no cliques in my classes, it's a welcoming and friendly vibe and crew... if you're new, you'll only feel like a newbie for 5 minutes... I promise you!

Kate x



Exercising through pregnancy...

Creating a life and growing a human is a mind-blowing miracle! Three full-on trimesters of major anatomical and physiological changes, over 40 weeks... organs shift and get squished, the uterus can expand up to 20 times it's normal size, body posture changes, ligaments and joints move... and then throw all the hormonal changes into the mix - **women are wondrous beings!**

With all of the above going on and your body being pushed close to it's maximum, it's a lot, to put it lightly. Finding the energy and motivation to move more than you have to can be tough... but the benefits of staying active and strong through pregnancy are so vast, that if you can, you most certainly should. **Would you enter a marathon and do no training in preparation?** There may be a crazy few that might... but most of us would have to put the time, energy and effort in to go the distance. **Labour is that marathon!** You need to be fit and strong, physically and mentally to go the duration.

Exercising whilst pregnant is A-OK, so long as you're given the go-ahead from your GP/midwife, you're not suffering from any contraindications that would mean it wasn't advised (listed below), and you feel up to it. It doesn't have to be intense and over the top, but equally it doesn't mean you have to go so easy. Every pregnancy and person are different, and all exercises can be adapted to accommodate and work with any pregnancy related aches, pains and associated physiological changes.

Benefits of exercise in pregnancy... some of the many!

- Reduce swelling of limbs, nausea, fatigue (as tired as you feel endorphins will give you a major energy boost).
- Reduce the risk of pregnancy-induced hypertension and gestational diabetes.
- Prevent excessive weight gain – you're going to gain weight, in areas that you carry/hold weight, as well as bump and boobs... weight-loss isn't the focus, staying strong and active is.
- Reduce risk of diastasis recti (abdominal separation) - most women will get this to a degree.
- Reduces back, pelvic and pregnancy related pains.
- Facilitates and supports labour – that marathon! Supports with speedier recovery too.
- Improves posture, maternal and mental well-being, self-esteem and sleep.
- Supports placental and foetal growth.

There are a number of contraindications meaning exercise would not be advised in pregnancy, these include: haemodynamically significant heart disease, restrictive lung disease, incompetent cervix, multiple gestation (triplets), persistent bleeding, placenta previa (after 28 weeks), premature labour, ruptured membranes, pregnancy induced hypertension, pre-eclampsia.

If you'd like more info about the benefits of exercise through pregnancy, what you can do and things to adapt/avoid, head over to my website and have a read of a blog I wrote. [Click this link to read more...](#)

STAY ↓
STRONG &
POWER ON ⚡

Returning to exercise postnatally...

Creating a life and growing a human is a mind-blowing miracle! Three full-on trimesters of major anatomical and physiological changes, over 40 weeks... organs shift and get squished, the uterus can expand up to 20 times it's normal size, body posture changes, ligaments and joints move... and then throw all the hormonal changes into the mix - **women are wondrous beings!** Repeating this again... so that the enormity of pregnancy and what your body goes through truly sinks in. **Snap back is NOT a thing.**

You must wait until you've been signed-off to start back exercising, which usually happens between 6-12 weeks, depending on your delivery and recovery. Usually it's a little longer for c-section deliveries. But most importantly... you should wait until you feel good and ready, and up to it. Don't feel the pressure to follow the crowd OR get sucked into social media falsities. Your body is an incredible thing, and in that initial period it is doing lots of healing of it's own, internally. In the first few weeks, help it to heal by nourishing it with good food, hydration and sleep (I hear you laugh and say are you mad here), but try to sleep and rest when you can. Sleep is essential for recovery.

Getting back into exercise after having baby is very similar to training through pregnancy, in that focus initially is on strength and low impact. Building back strength and rehab of the deep core and pelvic floor. Strengthening all the posture muscles of the posterior chain (back of body), to support realignment of posture. Plus you need to be strong to carry baby and all the babies things, car seats and prams are blummin heavy!

Postnatal exercise... points to consider

- Ease back in - your body has been through a lot to say the least (re-read the first paragraph), you can't jump straight back in to where you were pre-pregnancy. Focus is on rebuilding the foundations, think inside > out.
- Stick with low impact to begin - your pelvic floor, back and core will not thank you for high impact burpees, running or jumping initially.
- The majority of women will have some degree of diastasis recti (abdominal separation), core exercises should focus on deep core to begin. Sit-ups and more advanced/intense exercises come later down the line.

Postnatal exercise... positives

- Me-time for mamas is massively important for mental health & well-being - you take your wee-ones to baby groups - well you matter too!
- Exercising in a group setting with other mums is a great way to make friends, have a laugh, share the journey, and support one another.
- As tired as you feel, endorphins give you energy - they are everything! The boost and lift you get from that hit is simply the best.



Join Our Crew...

Make friends & share the journey with other mamas & mamas-to-be...

Stay strong and active through your pregnancy... and return to exercise safely.

Minimise pregnancy related aches & pains... build up & maintain strength in your core & pelvic floor.

Bond with your baby, whilst getting that all-important 'me-time'. A big dose of feel-good endorphins - a mega energy, confidence & mood boost.

Friendly, informal & lots of fun... workout at your level, zero pressure & lots of support!

“

Testimonials...

”

'I trained with Kate all the way through my first pregnancy; did her Buggy Bootcamp and Mum & Baby Bootcamps too... and now I'm back at it, pregnant with baby no 2! I can't recommend Kate's classes and exercising through pregnancy enough. I felt strong in body & mind throughout my first pregnancy and recovered well too. Classes are fab; good fun & a great way to meet other mums.'



'Absolutely love Kate's Mum & Baby Bootcamp. My first return to exercise after having little one - really friendly, great energy & tailored exercise to your birth/recovery. Highly recommend!'

“

Emma x

”

Stephanie x



'I'm so glad I found Buggy Bootcamp. It's great to get out and back to exercising, and being able to take your baby along too. Kate is really good at making the sessions fun and varied, always giving alternative options for all exercises too. It's a bit daunting going to classes as a new mum, but all the mums and Kate made me feel so welcome and are so lovely. Highly recommend!'

Rachel x

GIRLS
SUPPORT
GIRLS

“

Testimonials...

”

'I can't tell you how glad I am to have started Buggy and Mum & Baby Bootcamp. I did the pregnancy bootcamp with Kate too and just knew that it would be brilliant - it's exceeded my expectations! New friends made, lots of laughs had, pelvic floor & core strengthened, and all in a supportive and friendly environment, as always with Kate. Give it a go if you're thinking about it, you'll love it!'



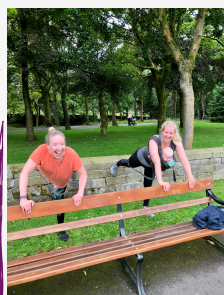
'I attended Mum-to-Be Bootcamp and was a complete novice. Kate was so helpful and made me feel at ease. She got me using barbells for the first time ever too. Most importantly she made the classes great fun.'

Maria x

“

Aruwa x

”



'Kate has made my mat leave! Me & Ted love all her classes. They have done me wonders, and I cannot recommend them enough. The friends made, laughs we have & exercise, it's the best! I wish I'd known about her classes when I was pregnant.'

Tash x

'Kate's classes are fantastic and her enthusiasm is unbelievable! I love the fact that Kate clearly plans the workouts carefully and takes the time to craft the perfect routine. Kate has excellent pre & post natal related exercise knowledge too, which means she can easily offer guidance on any adjustments to moves that might be necessary.'

Fiona x

'I can't recommend the 'Mum-to-be Bootcamp' enough. An hour of escapism every week, much needed for mind and body, as you navigate pregnancy. Each class is different, and they're adaptable if needed. Kate has been amazing, and I'm excited to continue with the classes beyond birth!'

Laura x



”

'I have loved every single one of Kate's classes. I trained with her throughout my pregnancy at her Mum-to-Be Bootcamp at Station 22, and then via Zoom during lockdown. Now I've joined her Buggy Bootcamp at Stubbylee. Kate puts so much thought into the planning of the sessions and is so understanding, very open and easy to talk to. You can take all exercises at your own pace, no pressure or even just bring a brew, sit and enjoy the fresh air and company.'

Jaimie x

'I have absolutely loved my weekly Mum-to-Be Bootcamps, they have literally kept me going. Kate has provided me with much needed motivation to exercise throughout my pregnancy. The classes are great, something different each week, and also allow us mums-to-be to share any worries and stresses as we start our journey into motherhood. I highly recommend them, and look forward to booking onto more fitness classes after baby arrives.'

Mikaela x



'I've absolutely loved going to Buggy Bootcamp, it's so lovely being able to talk to other mums, everyone is friendly and chatty. Everyone is working at a different pace, so you never feel like you're not fit enough; we're all at different stages. Noah has also enjoyed himself, getting to meet other babies and crawl around the park. I do Kate's studio-based classes too, and love them just as much. I'm continuing with classes, and am now pregnant with baby no 2.'

Rachael x

GIRLS
SUPPORT
GIRLS



FAQ's...



Prenatal Classes...

What do I need to bring / wear for classes?

Wear comfortable and suitable exercise/gym wear and trainers. Bring a towel and water bottle with you to class to ensure you stay hydrated, also any medication you may need/take i.e. inhaler.



Are all women at the same stage of pregnancy in classes?

No... women are at different stages and that is OK, nice in lots of ways. So that you can share the journey, your experiences and support each other throughout. All exercises can/are modified and adapted for your stage and ability. Taking into consideration any adaptations needed for pregnancy related conditions.

I haven't exercised in a while, will I be able to do it?

Yes... no question or doubts about it... all exercises are modifiable. Kate always offers variations and adaptations to make exercises easier or harder. Everyone works within their own comfort levels and abilities. She demonstrates all exercises and give technique pointers and tips throughout.

Bootcamp sounds intense... are classes military style?



Not at all, there's no crawling around army style or shouting of orders. No high-impact or fast paced, which isn't suitable for pregnancy. These sessions focus on strength predominantly, using a variety of equipment, weights and bodyweight; all of which can be adapted for abilities with different weights/exercises.

Postnatal Classes...



How soon after having baby can I exercise and join classes?

When you have been signed off by your GP or midwife, this is usually around 6-12 weeks depending on your delivery and recovery, usually a little later on for c-sections. Most importantly however, it's when you feel up to it... don't put pressure on yourself or start too soon.

I'm so unfit; I'm going to wait until I get fitter or lose weight to join classes...

This makes Kate cry inside every time she hears this, it's said often, by everyone! There truly is no need for this or to think this way. Every exercise can be modified for all abilities and fitness levels, equally there is zero pressure in class. It's a supportive and totally relaxed environment, everyone focused on their own workout. You rest as and when you need, and work at your own pace...



What shall I bring with me to class?

The kitchen sink... everything and anything you need for you and baby. Water bottle for you, toys, drinks and snacks for baby. Some mums also bring Bumbo or car seats to sit babies in or blankets to lie them on. Bring whatever you feel you'll need, load the car up.

What happens if my baby cries in class?



It's highly likely that this will happen, all mums experience a meltdown... it's completely fine, nothing to worry or stress about. Kate is there to help too, when she's not demonstrating exercises, she's entertaining babies, so that you can get a workout. If you need to take five to comfort or feed baby, that's fine too. We go with the flow and make it work.



FAQ's...



Buggy Bootcamp...

What happens if/when it rains?

If it's raining/drizzly, the session goes on! If it is torrential the session would get cancelled with as much notice as possible. Buggy Bootcampers are made of tough stuff... we've done sessions in the snow before now, right up to late December. Wrap up, wear lots of layers, and come prepared. Babies are always warm and snugly in their buggies.



Do I need a special type of pram/buggy and can I use a carrier?

Any pram/buggy is fine to use. We don't do much running with them and when we do it tends to be on courts/paths. Just bring a rain cover and layers/blankets for babies, so that they are snug whatever the weather. You can bring baby in a carrier if you want to too. Some women bring both and switch between the two.



What do I need to bring / wear to exercise outside?

Wear comfortable exercise clothes, light/warm layers that you can add/remove as and when you need to, a waterproof in case it rains, sunglasses (because Rossendale has it's own random and ever changing climate), suitable/comfortable trainers for outdoor use.

What facilities are there at the park?

The facilities and setting are fab, which is why Kate went for and loves this location! There's plenty of free parking on-site, there's toilets and baby changing facilities and a lovely cafe (that serves the best homemade cake!). We stop on and have picnics after class in summer, and have had the odd celebration and glass of fizz throughout the seasons too.



Got more Q's... get in touch



Kate can't stress enough how relaxed all of her classes are... she's easy-going, friendly, supportive and tries her best to make classes enjoyable and lots of fun. There's no pressure in any class, you work within your own abilities and we just go with the flow. All exercises are suitable for pre or post natal stage, and all exercises are modifiable for ability - you CAN do it and we always make it work. She encourage the social too; classes are as much about meeting other pregnant women and new mums, to share the journey and make friends, as they are the exercise.

If you have any questions that I haven't answered here, please do get in touch and ask away...



Email: hello@brooks-fitness.co.uk

Days & Times... Cost & Booking...

Studio-based classes are delivered in 4-week blocks or you can pay as you go, if there is space on a class/course. If there's space on a course and you want in, you can jump on midway through too... so always get in touch to ask.

£26 4-week block | £8 PAYG

Mum-to-Be Bootcamp

Sunday's - 9-9.45am

Mum & Baby Bootcamp

Tuesday's - 10.30-11.30am

Thursday's - 10.30-11.30am

Buggy Bootcamp runs 3 x per week, you can get an unlimited 4-week pass or pay as you go.

£36 4-week pass | £6 PAYG

Monday's, Wednesday's & Friday's

11am - 12pm



[For class & course bookings download the GymCatch App and search for Brooks Fitness](#)

Note: if a studio course is midway through Kate will have to manually book you on and add you, and you will need to transfer money over for the booking. Get in touch with her to discuss and organise this.

Other Classes & Services...

Personal Training - Kate offers personal training services on a 1-2-1 and small group basis at Station 22 Gym, which is a private gym for PT only, one that you don't have to be a member to use. She also offers mobile PT on a limited basis, locally. Personal training she offers is female specific including pre & post-natal personal training (for postnatal sessions you can bring your baby along too). She offers discounts on block bookings which have added extras too.

[Click this link and head over to my website to find out more.](#)

Classes - Kate instructs various classes in the daytime and evenings at Station 22, that are open to anyone and everyone! A good mix of strength and cardio, something to suit everyone / all abilities. Classes include: Barbells, Kettlebells, Legs, Bums & Tums, HIIT and more... booking for these classes is via the GymCatch app. You can pay per class or purchase an unlimited monthly pass. [Click this link and head over to my website to find out more.](#)