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| |  | | --- | |  | | Kangatraining is a complete, dance based and postnatal safe workout. With a focus on re-strengthening and abdominal muscles and pelvis floor after pregnancy.    No carrier? no worries! They are available for hire at class and will be expertly fitted for optimal comfort and safety for you and your baby | | You can start Kangatraining for 6 weeks post birth and all the exercises can be modified for those who have health concerns, making it a safe and gentle exercise program for new mums.  Dads and Grandparents Welcome! | |  | |  | | --- | | Recommended by midwifes, obstetricians & baby wearing consultantsyour best workout together!no babysitter requiredall while wearing your baby closeexercise and snuggles! | |  | | Kangatraining West Auckland Monday 1 pm  Westwave Rec Center Henderson  Wednesday 9.30 am  Glendale Rd Scout Hall Glen Eden  Thursday 9.30 am  Glendale Rd Scout Hall Glen Eden   Friday 1 pm  Westwave Rec Center Henderson  Weekend classes ~ See our Facebook page for more details | |