



# Parent Parcel

## BUSINESS REVIEW

**Fit Right**  
Get Fit the Right way

### FitRight

**Address:** Multiple Locations across Perth

**Category:** Pregnancy & Health & Wellbeing

**PP Offer :** **20% Discount on Pregnancy & Postnatal 6 week Exercise Classes**



Physio Taryn Watson and participant

A couple of weeks ago I was lucky enough to come and attend a FitRight Bump&Me class. At 26 weeks pregnant I had been looking for an exercise class which would not only be safe during pregnancy but also educational, this definitely ticked those boxes!

Run by a qualified women's physio, all of FitRights classes all begin with a full initial assessment which gives you a pelvic floor assessment (which is really cool as you will see via ultrasound if you're targeting your pelvic floor correctly), abdominal assessment and tailor some unique goals for you.

The class itself was low-impact consisting of predominantly pilates and body weight resistance moves. A real highlight for me was the variety of levels offered which ensured the class catered to all fitness levels and gestations. By adding some more resistance on the bands or bringing the fit ball into play a move could be transformed.

During the class it was great speaking to the other participants and I could definitely see there had been some great friendships formed already. Taryn was there to answer any pregnancy/physio related questions to the group which I for one went away with a lot more knowledge.

All in all, FitRight provides a fantastic platform for mums to be and new mums to exercise safely under the guidance of a trained professional while also providing that "family" feel which you won't get elsewhere. I'll definitely be back and would recommend it to my friends and family.

- Review by Elise Gaudieri  
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#### EMAIL

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#### WEB

<https://www.fitright.physio/>



Using our resistance bands during the class



Cool down and stretching whilst Taryn gives us some Q&A.