

CARiFiT

BABYWEARING WORKOUTS

FAQ's

How old does my baby need to be?

CARiFiT is for babies aged from 6 weeks to 1 year.

Please ensure you have had your post partum check up with your GP or Health Practitioner and you have been cleared to exercise.

What should my baby wear for the workout?

Before the class starts and depending on the outside temperature it may be that you are recommended to reduce the layers your baby is wearing as they will get hot with your increased body temperature and also due to the closeness to you.

Do I need to have a carrier?

Our official carrier partners Ergobaby will be providing all Mums with an Ergobaby carrier to use on the day. We will also have an Ergobaby babywearing expert there to help you use the carriers and to answer any questions you may have.

You can use your own carrier or sling on the day if you would prefer.

What should I wear for the class?

Your usual workout gear, with an additional layer in case there is a chill as we will be outdoors.

Is CARiFiT suitable for beginners?

Yes CARiFiT can be done by Mums of all fitness levels. Our Instructors will ensure they regress or a progress an exercise for all levels of experience.