

REALFIT CENTRE

REAL COACH



OUR COMMUNITY MUM AND BABY CLASSES

SESSIONS - THURSDAYS 1.30PM



- » Post natal exercise programme
- » Specifically designed for new mums to get back into fitness
- » Rebuild your core and pelvic floor muscles
- » Burn fat and gain strength
- » Bring along your little bundle to watch, play and interact with other babies
- » Great place to meet new friends

Sessions are Thursdays 1.30pm. Limited to only 8 people per session

CALL US NOW TO SECURE YOUR PLACE.

19 Little End Rd, Eaton Socon, St Neots PE19 8JH

**ONLY
£8
PER SESSION**



Call Us Today! 07864 364037 | www.realfitcentre.co.uk

