

# REALFIT CENTRE



## OUR COMMUNITY MUM AND BABY CLASSES

TUESDAY & THURSDAY @ 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

**FROM  
£6  
PER SESSION\***

**CALL US NOW TO SECURE YOUR PLACE.**

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

Call Us Today! 07864 364037 | [www.realfitcentre.co.uk](http://www.realfitcentre.co.uk)



\*Special offer based on booking 2 classes in any one week.