




REALFIT
RISELEY



OUR COMMUNITY MUM AND BABY CLASSES

WEDNESDAY @ 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

ONLY
£8
PER SESSION

CALL US NOW TO SECURE YOUR PLACE.

The Garage, High Street, Riseley, Beds, MK44 1DR

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

