



Living Well North Tyneside

Supporting Health and Wellbeing

£
Cost: £4.00


Type: Face to Face

Our Baby Fit class is for mother and baby (from 6 weeks postpartum-2yrs).

We will support you through each class, regardless of your fitness levels to ensure you can slowly rebuild and improve your fitness, strength and stamina.

This class is mothers and baby to bond whilst you get fit and healthy again!

First class free then £4.00 or 10 class discount card for £32.00

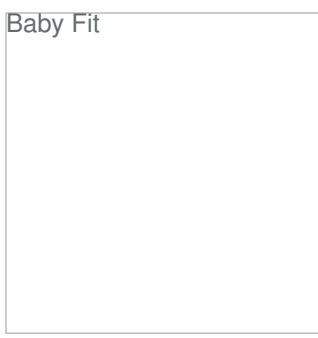


[circuit and interval training](#) |


[baby training](#) |

[baby fitness](#) |

[babies group](#) | [Mother and baby](#)




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