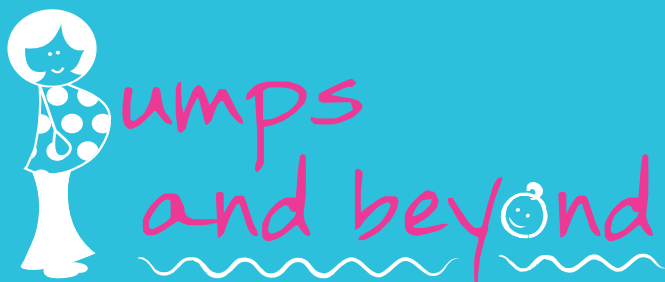


Postnatal exercise classes run by qualified Midwives



**Just had a baby?
Want to get back in shape?
Then this is the class for you!**

Fiona, Ann & Alison are trained midwives
and exercise instructors

- Classes suitable from 4-6 weeks after birth
- Fun exercise to music for all abilities
- Specific abdominal exercises
- Focus on regaining pelvic floor tone

Exercise then socialise

Finish with drinks and time to chat with
other mums

*Bring your
baby too!*



Tues 11.15-12.45
West End Parish Centre
Chapel Road, West End
SO30 3FE

Fri 1-2.30pm
Centre 2000 (large hall)
St John's Road, Hedge End
SO30 4AF

**Back to work and still want
to keep up exercise?**

Tues 8-9pm
Centre 2000 (small hall)
St John's Road, Hedge End
SO30 4AF

Contact Bumps and beyond T 07814 580139