

Starting 01/07/2015

9.30-10.30am

Gladstone
Playing Fields.
Hawarden

**6 week
course**

Booking Essential



Buggy Fitness

Sport Flintshire

If you are looking to get back into shape after having a little one but don't want to leave them in a creche, join our 'Buggy Fitness' program.

This six week program will help re-shape and tone your bums and tums after pregnancy while enjoying the outdoors with your child.

- Tone up and loose fat
- Keep your heart fit
- Exercise with your baby
- Fully qualified instructors
- Additional equipment provided
- Meet other new parents
- Have fun!

Sport Flintshire
Deeside Leisure Centre
Flintshire

Info: 01978 702463
Booking: 01352 704240
Email:
simon_jenkins@flintshire.gov.uk


£20.00