Pre & Post Natal Physical Activity Classes

**Calling All Mum’s To Be and New Mums**

**Bookings are now being taken for classes which will be held**

**on Friday mornings at Meadowmill Sports Centre**

**Pre Natal Class – 9am – 10am - (Mum’s to be)**

**Post Natal Class – 10am – 11am - (Mum’s/Dad’s and Babies)**

**£5.00 per session with a fully qualified Pre/Post Natal Coach**

**Book on-line at:** https://form.jotformeu.com/71724859256366

**For further details, please contact** [**lgilroy1@enjoyleisure.com**](mailto:lgilroy1@enjoyleisure.com)

**Or 01875 619 074**