

Mother & Baby Fitness Sessions

at Basingstoke Sports Centre



£28.50 **6 WEEK**
(*10% discount
For Members) **COURSE**

Tuesdays

11th Jan - 15th Feb

10.50 - 11.50

For babies from 6 weeks
up to 1 year of age

Mother & Baby Sessions are a wonderful opportunity to bond with your little one. Sessions will focus on the interaction between mother & baby whilst focusing on the Health and Wellbeing of the mother.

Please Note: Mother needs to be at least 6 weeks post-delivery if you've had a natural birth or 12 weeks post-delivery if baby was delivered by Caesarian Section.

**First time attendees MUST contact Kerri Pounds on email:
kerri.pounds@mybst.org before booking at Reception 01256 326331**

mybst.org/basingstoke

Registered Charity: 301731