

# Mother & Baby Fitness Sessions

at Basingstoke Sports Centre



**Tuesdays**

**2nd Nov - 7th Dec**

**09.45 - 10.45**

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](mailto:kerri.pounds@mybst.org) before booking at Reception **01256 326331**  
[mybst.org/basingstoke](http://mybst.org/basingstoke)

**6 WEEK  
COURSE**

**£28.50**

(\*10% discount  
for Members)