

Mother & Baby Fitness Sessions

at Basingstoke Sports Centre

**6 Week
Course**

Tuesday 14th September -
Tuesday 19th October

Time: 09.45 - 10.45

Price: £28.50
(*10% discount for Members)

For babies from 6 weeks
up to 1 year of age

**Advance booking
at Reception
01256 326331**



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