

Mother & Baby Fitness Sessions

at Basingstoke Sports Centre

**7 Week
Course**

Date: Wednesday 11th September -
Wednesday 23rd October

Time: 09.45 - 10.45

Price: £29.40*
(*10% discount for members)

For babies from 6 weeks up to 1 year of age

**Bookable in
advance at
Reception
on 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 had a normal birth or 12 weeks post-delivery if baby was delivered by Caesarian Section.

First time attendees MUST contact Stephanie Wallis on email: stephanie.wallis@mybst.org before booking at Reception