

Mother & Baby Fitness Sessions

at Basingstoke Sports Centre

**5 Week
Course**

Wednesday 22nd April -
Wednesday 20th May

Time: 09.45 - 10.45

Price: £25.00

(*10% discount for Members)

For babies from 6 weeks
up to 1 year of age

STUDIO 3

**Bookable in
advance at
Reception
on 01256
302230**



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 Stephanie Wallis
email: stephanie.wallis@mybst.org before booking at Reception

