

**NEW 6<sup>WEEK</sup>  
COURSE**

# Mother & Baby Fitness Sessions

(For babies from 6 weeks up to 1 year of age)

**(\*Book in advance)**

Wednesday 27th February - Wednesday 3rd April

9.45 - 10.45      Price: £27.00\*

(\*10% discount for members)



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

\*BOOK NOW at Reception on 01256 326331 or  
for more information contact **Stephanie Wallis** on  
email: [stephanie.wallis@mybst.org](mailto:stephanie.wallis@mybst.org)