

## FREE – Mum and Baby Exercise Classes now on!



Join **Mums of Steel** and bring your baby to the best post - natal exercise class around. Classes are one hour long will help you to loose baby weight, tone up and meet other mums just like you. All fitness levels are catered for and the best part is for a limited time only these classes are **FREE at the following locations:**

Bushey, King George Park From July 7<sup>th</sup> for 8 weeks

- TONE YOUR MUMMY TUMMY
  - LOOSE WEIGHT
  - MEET OTHER MUMS
  - RELIEVE STRESS
- INCREASE FEEL GOOD ENDORPHINS

\*\*\*Please be aware spaces are limited so please call to place your name down for the free class. You will also be asked to fill in a pre-exercise questionnaire before your first class and please bring a mat or towel as we do alot of stomach exercises on the grass!

CALL NOW: 07709 342329 or

email: [info@mumsofsteel.com](mailto:info@mumsofsteel.com)

[www.mumsofsteel.com](http://www.mumsofsteel.com)