

*Have you recently had a baby?*

*Do you want to exercise  
but have no childcare?*



Starts  
**MONDAY**  
**26<sup>TH</sup> FEB**

# Postnatal Exercise Classes

**are now available at Go! Active**

- Circuit based activities
- Mondays 11am - 12noon
- For babies up to 12 months
- £3 per session/free to 365 and single all-inclusive members



Contact reception to book!  
High Street, Clowne S43 4JY  
**01246 242 365**



The classes are designed so you can work out alongside your baby. You must have had your six week GP assessment (12 weeks for caesarian section) before starting. Places are limited so please book by calling **01246 242 365!**

**The advantages to controlled exercise include:**

- Retone the pelvic floor to reduce the risk of stress incontinence.
- Increase the strength of your abdominal muscles to support the spine and regain figure.
- Essential for back care by developing a good technique for daily tasks.
- It will enhance your self confidence.
- Give you the opportunity to meet other new parents.
- Helps with post natal weight loss.

*We look forward to meeting you and your babies!*



## **We Speak Your Language**

### **Polish**

Mówimy Twoim  
językiem

### **Slovak**

Rozprávame Vaším  
jazykom

### **Chinese**

我们会说你的语言

*If you require this in large print or another format please call us on*

**01246 242424**