

Postnatal fitness

For new mums (post 10-week check)



Babies are welcome with facilities to have your baby in the same room, chilling while you exercise.



Join Tor to focus on abdominals and posture, along with some cardio to help get your fitness levels back. Increasing energy as well as strengthening core and improving mood. This is a rolling programme for new mums to regain fitness and meet other parents.

Thursdays 10.15am to 11am
at Bersted Green Community Hub,
Hazel Road, Bognor Regis PO22 9DZ

£2 per session

We also offer stay and play on the same day - 8.45am to 10.15am. Come and relax with your baby in a safe, warm place and meet new friends. A great way to get out of the house and break your day up.

Call, email or text Susannah to book a place  @Bersted Green Hub

 07385 412103

 susannah.conway@arun.gov.uk

