



Pushy Parents Wanted!

Buggy Fit Sessions are starting in Gloucester from Monday 19th April!

Buggy Fit classes are suitable for all fitness levels whether you ran until you went into labour, or haven't exercised since school, and everything in between. We always start off with a warm-up followed by a brisk walk to raise the heart rate, allowing any latecomers to join in as they arrive (getting out of the door with a baby is never easy!).

Activities in the class may vary, but could include toning and strengthening exercises for the upper and lower body using bands, games, boxing - a great stress reliever and a real favourite, abdominal work to tone up wobbly tummies or step-ups. The class finishes with a cool-down and stretch session leaving you invigorated and ready to get the most out of your day.

Throughout the class the emphasis is on good posture, core and pelvic strength whilst hopefully having lots of fun.

Mondays @ Barnwood Park, Barnwood, 1.45-2.45pm – Meet outside Severnside Gym (in the old church)

Thursdays @ Clock Tower Park, Abbeydale 11.30-12.30 – Meet at the front of The Clock Tower flats

Prices:

£6 Pay as you go
£35 for a 6-session pass
£40 for an 8-session pass
£65 for 2 months unlimited pass

1st class ½ price with this flyer or FREE when you sign up to a pass!

All Buggy Fit classes are led by an instructor who is a qualified post-natal specialist and insured and first aid trained.

For more information about Buggy Fit visit www.buggyfit.co.uk or www.sharpfitness.co.uk for classes currently running in Gloucestershire!