

POST NATAL EXERCISE COURSE

**6 Week Post Natal
Course at The
Beechdown Club**



The course includes... **£99 all inclusive**

- ❖ A fitness and lifestyle class (exclusively for Post Natal club members) every Thursday from 1-2pm
- ❖ Complimentary crèche place for baby every Thursday from 1-3pm,
- ❖ plus 4 extra crèche sessions for you to use whenever you like (subject to availability)
- ❖ Complimentary refreshments after the Thursday class – for you to chat to Instructors, staff and other new mums
- ❖ A full fitness programme with a personalised programme written for you by a post natal qualified instructor
- ❖ Gold level Club Membership – for you to use anytime you like – Monday to Friday until 5pm

Post Natal Exercise Will:

- ❖ Improve your posture and reduce back pain
- ❖ Increase your stamina and help you cope with sleep disruption
- ❖ Increase your energy and your general feeling of 'well being'
- ❖ Increase your metabolism and assist your weight management
- ❖ Improve your body image and self-confidence
- ❖ Reduce anxiety

Post Natal Courses 2008/2009

Thurs 6th Nov - Wed 17th Dec
Thurs 8th Jan – Wed 18th Feb
Thurs 26th Feb – Wed 8th April
Thurs 23rd April – Wed 3rd June
Thurs 4th June – Wed 15th July
Thurs 10th Sept – Wed 21st Oct
Thurs 5th Nov – Wed 16th Dec