

POST NATAL EXERCISE COURSE

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



£99 all inclusive

The course includes...

- A fitness and lifestyle class (especially designed for new Mums) every Thursday from 1.00pm to 2.00pm
- Complimentary crèche place for baby every Thursday from 1.00pm to 3.00pm, 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 your instructor, and other new Mums
- A personalised full fitness programme designed specifically for you **by a post natal qualified instructor**
- Full Gold Level Club Membership – for you to use anytime you like – Monday to Friday until 5.00pm

Post Natal Exercise Will:

Improve your posture, 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

Post Natal Courses 2010

Thurs 22nd April – Wed 2nd June
Thurs 10th June – Wed 21st July
Thurs 9th Sept – Wed 20th Oct
Thurs 4th Nov – Wed 15th Dec



beechdown

Winchester Road, Basingstoke

On the A30 between Brighton Hill and Kempshott

01256 36 22 22

www.beechdown.co.uk

