

FREE Women's Wellness & Fitness Class



*Suitable
for all
levels and
ages.*

Would you like to move
a little more freely and tone up your body?
Are you experiencing any pelvic floor problems
and weak tummy muscles?
Would you like to have more energy and feel better?

Designed to help women from pregnancy, having a new
baby to having older children and beyond. Class includes
exercise and relaxation time.

**Make some time for yourself once a week
to feel better.**

Fun and friendly group!



Fridays

9:30-10:30am

Springfield Centre, Springfield Rd, B13 9NY

Book at Reception on 0121 777 2722

