

FREE

mamafit[®] Halton

®



LOTTERY FUNDED

**PREGNANCY AND MOTHER & BABY
EXERCISE & LIFESTYLE COURSES**

**HELPING PREGNANT WOMEN & MUMS
GET ACTIVE AND FEEL HEALTHY**

**CLASSES AVAILABLE IN
WIDNES AND RUNCORN**

BOOK NOW

WWW.BOOKWHEN.COM/MAMAFIT

FOR MORE INFORMATION WWW.DIVERSEHEALTHANDFITNESS.COM



mamafit®

PREGNANCY

6 WEEK **FREE**

EXERCISE & LIFESTYLE COURSE FOR
PREGNANT WOMEN

- SUITABLE FOR WOMEN OF
ALL STAGES OF PREGNANCY
- FIND OUT HOW TO **EXERCISE SAFELY**
THROUGHOUT PREGNANCY
- **GET FIT FOR BIRTH**
- KEEP YOUR STOMACH MUSCLES STRONG
AND **REDUCE BACK PAIN**
- HEALTHY EATING ADVICE
- **TAKE TIME OFF WORK** TO ATTEND

mamafit®

MOTHER & BABY

4 WEEK **FREE**

EXERCISE & LIFESTYLE COURSE
FOR NEW MUMS

- **GET BACK IN SHAPE** AFTER BIRTH
- DISCOVER **TOTAL BODY WORKOUTS** THAT
FIT AROUND BEING A MUM
- REGAIN YOUR FIGURE AND
STRENGTHEN YOUR STOMACH
- **IMPROVE YOUR EATING HABITS**
- BRING YOUR BABY ALONG TO CLASSES
- **MEET OTHER MUMS & MAKE NEW**

FRIENDS

ALSO AVAILABLE:

mamafit® all

FITNESS CLASSES FOR PREGNANT WOMEN &
MUMS WITH CHILDREN UNDER 5*

mamafit® go

OUTDOOR RUNNING FITNESS GROUP FOR
BUMPS, BABIES & BUGGIES*

mamafit personal

1:1 & SMALL GROUP PERSONAL TRAINING
FOR PREGNANT WOMEN & MUMS*

*CHARGES APPLY. BABIES AND CHILDREN WELCOME.

BOOK ONLINE NOW WWW.BOOKWHEN.COM/MAMAFIT

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