

➤➤➤ PRE & POST NATAL EXERCISE ◀◀◀

# BROOKS FITNESS

MUM-TO-BE BOOTCAMP

MUM & BABY BOOTCAMP

£26 4-WEEK COURSE | £8 PAYG

@ STATION 22, WATERFOOT


- Make friends & share the journey with other mamas & mamas-to-be...
- Stay strong and active through your pregnancy... and return to exercise safely.
- Minimise pregnancy related aches & pains... build up & maintain strength in your core & pelvic floor.
- Bond with your baby, whilst getting that all-important 'me-time'. A big dose of feel good endorphins - a mega energy, confidence & mood boost.
- Friendly, informal & lots of fun... workout at your level, zero pressure & lots of support!

Classes are delivered by Kate Brooks, Level 3 PT, specialist in pre & post natal exercise. Having trained many women through pregnancy and beyond, you're in safe and knowledgeable hands.

MUM-TO-BE  
SUNDAY'S 9AM

MUM & BABY  
TUESDAY'S 12PM | THURSDAY'S 10.30AM

## INFORMATION & BOOKING...

 For class & course bookings download the GymCatch App and search for Brooks Fitness

 Email: [hello@brooks-fitness.co.uk](mailto:hello@brooks-fitness.co.uk)

 Visit: [brooks-fitness.co.uk](http://brooks-fitness.co.uk)

 BrooksFitnessPT

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SUPPORTING WOMEN TO STAY STRONG THROUGH PREGNANCY & BEYOND