



Are you looking to get back into shape after having a baby?

Our lovely trainer Mel now offers postnatal training and can ensure you are working out safely and effectively.



For more information and to book, telephone or email

The Spinney Children's Centre on 01483 510570
(www.thespinneycc.org.uk)

Classes are Monday mornings 10.00 – 11.00 and cost £4 per session or £20 for five weeks.