



Free vouchers to get active in South Gloucestershire

Ante and Postnatal Fitness

When	Contact	Location
Buggy Bootcamp - Running based session with your buggy		
Monday 09:30 - 10:15	Dean - Phnx Fitness 07730005656 dean@phnxfitness.co.uk http://www.facebook.com/buggybootcampbristol	Phnx Fitness Studio Unit 7 Two Mile Hill Rd Kingswood BS15 1AZ
Mother & baby circuits - Come with baby and meet other mums looking to get those feel good endorphins going with a full body cardio & toning class using baby in some exercises or gentle weights provided. Suitable for all abilities.		
Monday 10:00 - 11:00	Rhea 07771367658 https://www.facebook.com/SuperMamaFitness8/	Patchway Children's Centre, Epney Close, Bristol BS34 5TF
Buggy Fitness - Exercise with your baby outdoors. Meet by the café, 10% off hot drinks, social time afterwards		

When	Contact	Location
Tuesday 09:30 - 10:30	Caroline Aqui 07946201923 Caraqua3@aol.com	Page Park Staple Hill BS16 5RT
Fit Bumps - Ante-natal exercise		
Tuesday 18:30 - 19:30	Hannah 07766730838 fitmumsyate@gmail.com https://www.facebook.com/fitmumsyate/?fref=ts	Stapleton School of Dance The Ridgewood Centre Yate BS37 4AF
Buggy Fitness - Postnatal exercise with baby		
Wednesday 11:00 - 11:45	Hannah 07766730838 fitmumsyate@gmail.com https://www.facebook.com/fitmumsyate/?fref=ts	Munday Playing Fields Thornbury BS35 2AR
Indoor Buggy Fitness Starting Thursday 22nd February 2018 - Postnatal Exercise with your baby . Followed by Coffee and a Chat in the Brooks Cafe		
Thursday 09:30 - 10:30	Caroline 07946201923 Caraqua3@aol.com	Park Centre, High Street, Kingswood, BS15 4AR
Buggy Fitness - Postnatal exercise with Baby		

When	Contact	Location
Thursday 09:30 - 10:15	Hannah 07766730838 fitmumsyate@gmail.com https://www.facebook.com/fitmumsyate/?fref=ts	The Ridings Chipping Sodbury - outside Rugby Club

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Friday 13:30 - 14:30	Rhea 07771367658 https://www.facebook.com/SuperMamaFitnss8/	Sure start children centre, Cranleigh Ct Rd, Yate, BS37 5DP
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For more information visit www.southglos.gov.uk/sportspound

This flyer was last updated on Monday 22 January 2018