

Buggyfit

West Dean Village Park
9.15– 10am Every Thursday
Cost- £3 (pay as you go)



What is buggyfit?

This is an exercise class that not only helps you to beat the bulge but to meet other like minded mums/women and have a bit of fun whilst exercising. The sessions have elements of Cardio, strength and core work that will either get you back in shape, or will have you stronger and fitter than you were in no time.

You are welcome to bring your babies/ toddlers with you so that they can cheer you on through the 45 minutes! We are all Mummy's so there is no problems with you needing to feed or change nappies etc during the class.

Who can do the class?

Yes this class is aimed at Mummy's who want to get their pre-baby body back, but all women who want to improve their fitness are welcome with or without a buggy.

What do I bring?

Water, water and a bit more water!

Shelly Provan Personal Training



Any questions please feel free to contact me-

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