



**FIT MAMMA'S**

**TOTAL BODY BLAST**

**Strong Beyond Measure!**



**Post Pregnancy Journey...**

**Thursday's - 9.30am**

**St. Ann's Library**

**Cissbury Rd, N15 5PU**

**£3 only**

**Come after the school  
run!**

**Starts 10<sup>th</sup> November**

Contact Naomi 07504 532607

For more info

## **FITNESS CLASSES**

For mum's, because you deserve it!  
Being a mum's often means you put  
your own wellbeing last, so we  
designed a first class system so you  
can gain a body that reflects your  
awesome super powers!

**Classes combine:**

- Pilates
- BoxFit
- HIIT
- Yoga

**Fit, Toned, Stronger & Flexible**