



Free

# Buggy FITNESS



Sessions start for six weeks from

**Wednesday 5 March 2014** at **11.15am**

Leaving from Park Lane Centre, Park Lane, Woodside TF7 5QZ

**Bring your baby or toddler in their buggy. You can enjoy exercising with other people to talk to while your child enjoys the relaxation of being outdoors in the fresh air!**

Sessions involve power walking with toning exercises, using the buggy as resistance. Designed for all levels of fitness, particularly for those who have not exercised since the birth of a baby.

The session takes place on pathways and parks so does not need any specialist 'all terrain' pram or buggy. For further information and to register please contact:

**Leigh-Marie on 07865 081598**