

'THE ULTIMATE FITNESS CLASS FOR MUMS AND BABIES' THE TIMES

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For mums wanting to get back in shape after their new arrival. This outdoor fitness class, with strengthening and toning exercises is proving to be the answer to shifting postnatal weight and re-toning your body after giving birth.



As featured in



Zest

Practical parenting & pregnancy

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Mother & Baby

THE TIMES  
THE SUNDAY TIMES

this morning