SEPTEMBER AND OCTOBER 2023

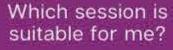
Sessions run term time only. Subject to change. Please keep checking our social media for regular updates.











During pregnancy:

when you feel ready to join in and up to your due date*

after your first trimester and up to your due date*

After giving birth*:

as soon as you feel ready to

after your first check up (usually 6-8 weeks)





10am





Legs, Bums and Mums

North Hull Community Centre, HU6 8AU Just turn up! £1

1.30pm

6pm

Buggy Walk

Just turn up! £1

East Park, HU8 8JU (meet at the clock tower). Just turn up! Free

Pregnancy and Post-Pregnancy Yoga Woodford Leisure Centre, HU8 8JU

TUESDAY







Boxing Fitness

Priory Children's Centre (soon to be Family Hub), HU5 5RU Just turn up! £1

1.30pm





Aqua Natal

Ennerdale Leisure Centre, HU7 6EA Just turn up! £2

WEDNESDAY

1pm





Legs, Bums and Mums

Acorns Children's Centre (soon to be Family Hub), HU9 4DB Just turn up! £1

1pm



Bump and Baby Bootcamp

Rainbow Children's Centre (soon to be Family Hub), HU3 5QE Just turn up! £1

THURSDAY

10.30am





Buggy Walk

Kingswood Parks Village Centre Car Park, HU7 3JQ Just turn up! Free

11am



Aqua Natal

Beverley Road Baths, HU5 1AN Just turn up! £2

1pm



Boxing Fitness

Acorns Children's Centre (soon to be Family Hub), HU9 4DB Just turn up! £1

1.30pm

Mama T's Slingdance

Lemon Tree Children's Centre (soon to be Family Hub), HU7 5DD Just turn up! £1



FRIDAY

10.30am





Buggy Workout

Pickering Park, HU4 7AB Just turn up! Free

*PLEASE NOTE: these are just recommendations.

It is your own responsibility to choose the most suitable session for your current physical and health state. We encourage you to always seek the guidance of a medical professional before undertaking any form of sport / exercise and physical activity during pregnancy and after giving birth.



