

Sessions For Pregnant Women & New Mums

SEPTEMBER AND OCTOBER 2023

Sessions run term time only.

Subject to change. Please keep checking our social media for regular updates.



SCAN ME

MONDAY

10am



Legs, Bums and Mums

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

1.30pm



Buggy Walk

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

6pm



Pregnancy and Post-Pregnancy Yoga

Woodford Leisure Centre, HU8 8JU
Just turn up! £1

TUESDAY



1pm



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



Which session is suitable for me?

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 join in*
- after your first check up (usually 6-8 weeks)
- after 12 weeks (c-section)

Us MUMS!



Us Mums Hull UsMums@hullcc.gov.uk

*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.