

'HOT MAMA BABA' FITNESS CLASS

For Mums & Babies (aged 6 weeks- 5 years)



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- 1 Want to do a **MODERATE/HIGH INTENSITY** workout but can't find a babysitter?
- 2 Want to **GET FIT, HAVE FUN** and **RELEASE ANY STRESS?**
- 3 Want to have a **FANTASTIC WORKOUT** and meet other Mums with babies?

If you answered yes to any of these questions come along to a **HOT MAMA BABA FITNESS CLASS** run by Lee Mak, a Qualified Group Fitness Instructor with over 10 years experience, trained in Pre and Post natal fitness plus recently certified Mum herself.

“*Your greatest wealth is your health*”

VENUE: Hampstead Community Centre
78 Hampstead High Street,
London NW3 1RE

TIME: Thurs 1.15pm-2.15pm

COST: £12

Please email Lee:
missyleemak@gmail.com
or text **07803364802**
for more details.

