

Buggy Bootcamp

Outdoor exercise sessions for mums with buggies which incorporates walking and metabolic resistance training in Welland Park

- A great way to get back into shape after pregnancy
- The full body conditioning sessions are accessible for all fitness levels
- The focus is not only on getting into shape but also posture correction, nutrition plans and wellbeing
- Buggy bootcamp sessions, held in Welland Park, Market Harborough on Tuesdays and Thursdays from 10.30-11.30am. Terms run alongside Leicestershire school terms
- There are also adhoc sessions during school holidays
- Sessions are £6 per session payable for the full term up front
- **Prior registration is essential**



To sign up or for further information please contact Jo:

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