

## Post Natal Circuits

Want to exercise but have a baby and no child care?

Join HizandHerz baby classes where you can take your baby with you

- These classes are for post natal mothers / babies after their 6 week all clear check up, up-to when the baby is walking
- Small and friendly sessions held in Market Harborough
- Classes are on Tuesdays 9.30-10.15am and Thursdays 10.15-11am
- Pre-booking is essential

*"Me and my daughter attend the baby circuit class run by Lydia and it's amazing! No where else can you get back into fitness and use your little one along the way. Lydia understands sometimes the little ones don't want to play ball, and offers different exercises to include the little ones. She also offers up weights if little one is asleep and you don't want to wake them.*

*Being a new first time mum, it's scary and daunting trying to get back into exercise, but Lydia is brilliant and understands so much about how the body will be after birth.*

*Pelvic floor exercises are very much needed!!*

*Thanks Lydia, cannot recommend you enough! X"*

**For further information contact**

**Nick or Lydia:**

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