



Made ^{for} Mams

New classes at
Sobell Leisure Centre

TUESDAYS

11:15am – 12:00pm:

Aqua Natal Yoga with Jodie

Suitable for pregnant women and new mothers. Aqua Yoga allows stretching without straining and overexerting, toning without impact and easy access to deep relaxation. Water provides a soothing yet stimulating environment to prepare for birth, particularly waterbirth. New mothers will benefit from gentle exercises that will help with the recovery of the pelvic floor.

WEDNESDAYS

1pm – 1:45pm:

Post Natal Fitness with Jodie

Group based exercise session. Exercises based on activities that will benefit mothers in day-to-day life. Mothers are encouraged to bring baby along as they can be included in the session. A great way of stepping back into fitness and spending quality time with your baby.

➤ Book via the **Leisure for Life app** or contact:
Sobell Leisure Centre ☎ 01685 870111



For up to date class information please visit:
www.rctcbc.gov.uk/madeformams

   **RCT Leisure**

£3.80 per session
or **FREE** for Leisure
for Life members

Mae croeso i chi gyfathrebu â ni yn y Gymraeg | You are welcome to communicate with us in Welsh

Chwaraeon RhCT
Sport RCT

