

“Mummy and Me”

Exercise Sessions



A group exercise class for mums to do with their young children.

Dads and grandparents welcome too!

Please note, mums must be a minimum of 6 weeks post-birth and cleared to exercise

Day: **Friday**

Time: **2-3pm**

Cost: **£2 per session**

Starting Friday 19th April for 6 weeks

Speak to Mrs Lamb or email
admin@risepark.nottingham.sch.uk for further details

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