

## Berrygrove Children's Centre

Cow Lane, Watford, Herts, WD25 9PW

Tel: 01923 484312



### Indoor Body Conditioning

### At Meriden Community Centre

On Wednesdays 11am–12pm

Cost £2 per week local mums, £5 out of area  
(check with children's centre)

Pay in advance at children's centre for 8 week course  
(non-refundable)

Please bring a car seat or blanket for your baby and  
a mat for yourself (optional)

Older children also welcome to come and join in

Sessions will be held in the small hall

Please contact Jo at Berrygrove Children's Centre

On 01923 484312 for more information

or to book your place