

Berrygrove Children's Centre

Cow Lane, Watford, Herts, WD25 9PW

Tel: 01923 484312



Yoga Pilates exercise classes

At Meriden Community Centre

Tuesdays from 1pm to 2pm

Next sessions start 1st march

Cost £2 per week

Pay in advance for blocks of 8 weeks @ £16.00

non-refundable

Please bring a car seat or blanket for your baby and a mat for yourself (you can buy these at local supermarkets)

Older children also welcome to come and join in

Sessions will be held in the Basket Ball courts unless raining when they will be held in the small hall

Please contact Jo at Berrygrove Children's Centre

On 01923 484312 for more information