



MUMS OF STEEL



INDOOR CLASS NOW ON!!!

Join us for an hour of fun and fitness. The best part is you get to bring your baby!

Our qualified ante/post natal fitness experts will take you through a one hour workout to tone you up, burn fat and flatten your mummy tummy!

www.mumsofsteel.com

Spaces for our indoor class are strictly limited so please call to book on.

Location: **Maple Cross Club, Longcroft Rd, Maple Cross WD3 9TJ**

Class Type: **Indoor Body Conditioning**

Day & Time: **Tuesdays 11am for 6 weeks starting January 17th**

Class Cost: **6 weeks £30**

How to book: Call Mary on **07709 342329** or e: info@mumsofsteel.com.

Alternatively you can register your name on a list at the Rickmansworth Children's Centre. *Please remember to bring a mat to do stomach exercises on and be aware that you should also bring a blanket and mat for baby to lay on along with some favourite toys.* For more information on all our classes please visit our website: www.mumsofsteel.com