

Fitness, exercise and physical activity groups for mums with babies (postnatal)

Group	Day	Time	Location	Cost	Contact/Lead
Malvern					
Flofitness	Tuesday: Mummy Fitness Friday: Mum & Toddler Move Mum & Baby Yoga	09:30am 10:45am 11:45am	36 Bosbury Rd, Malvern WR14 1TR	£6/session or 10 sessions for £50- or 12-months membership for £45/month	Classes FloFitness Malvern, Worcestershire
NCT walks in Malvern	Monday	10:30am	The walks that we currently have in rotation start at North Quarry, Eastnor Deerpark, Black Hill, British Camp, Sugarloaf and Gardiner's Quarry.	Free	Mondays up the Malverns Malvern Hills NCT coordinator.malvern hills@nct.org.uk
Worcester					

Request Changes

To request changes to the timetables/ lists of activities, please email hwbadmin@worcestershires.gov.uk and include FAO: Best Start Website

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Sweaty Mama	Monday	10:00am	Claines Parish Hall, Cornmeadow Lane, WR3 7NY	£40 6-week course (exercises with baby)	Claines Parish Hall - Sweaty Mama Rachel Aslam
Glowing Mama	Thursday Monday	10:00- 11:30am Term time only 10:30 – 12pm Term time only	United Reform Church, Worcester Claines Institute School Bank, Claines, Worcester WR3 7RW	1 hr session £8.75 P/N or block of 4 £35P/N or 8 for £70 P/N.	Postnatal Classes - Glowing Mamma
Glowing Mama – free walk	last Tuesday of the month Last Friday of the month	13:15pm 10:00am	The Swan Theatre, WR1 3ED Arrow Valley Visitors Centre, Arrow Valley Park, Redditch, B98 0LJ	Free	Coffee and walks - Glowing Mamma info@glowingmamma.co.uk
Buggy Beat	Contact Becky	Contact Becky	BuggyBeat Worcester	£6/session	Join a Buggy Beat Class Outdoor Cross Training for Parent & Baby Instructor: Becky Hadlington

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					Tel: 07970 961836 Web: www.fitnessworcester.com
Yoga Bellies – Mum & Baby yoga	Tuesday	10:45am 12:00 – 1pm	St Peters Garden Centre, Norton Rd, Brockhill Village, Worcester WR5 2NY	6wk = £69	Yoga for Mum & Baby Yogabellies Worcestershire Wellness
One fit Mama and baby	Friday	10:00 -10:45	Claines Church Hall St Nicholas Church Barn Worcester Woods WR3 7NY	1 Month £25 First session free	One Fit Mama Worcester - Active Herefordshire & Worcestershire Worcester@OneFitMama.co.uk
Mummy and Me Postnatal Exercise Class	Friday	12pm	Perdiswell Leisure Centre	£4 members, £5 non-members	Perdiswell Leisure Centre - Worcestershire - Freedom Leisure Freedom Leisure (freedom- leisure.co.uk)
Yoga for mums – Mama Babybliss	Tuesday	7pm	The Fold, Bransford, Worcester WR6 5JB	£60	Single Selection Class List Supporting and celebrating the journey of motherhood - MamaBabyBliss natalie.rushton@mamababybliss.com
Free NCT walks in Worcester and Wyre Forest	Last Thursday of the month	10:30 – 11:30	We run regular walks across Worcestershire	Free	Worcester and Droitwich Local activities & meet-ups NCT

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			from Worcester Country Park & City Centre to the Wyre Forest.		
			Bromsgrove		
Yoga Bellies	Wednesday	10:00 – 11 11:15-12:15	16 St John St, Bromsgrove B61 8QY	Yoga 6wk = £69	Yoga for Mum & Baby Yogabellies Worcestershire Wellness
Glowing Mama	Wednesday	10:00- 11:30am Term time only	Hanbury Village Hall, Bromsgrove	1 hr session £8.75 P/N or block of 4 £35P/N or 8 for £70 P/N	Postnatal Classes - Glowing Mamma
Free NCT walks in Bromsgrove					Bromsgrove Local activities & meet-ups NCT
Pilate baby classes (Barnt Green/Cofton Hackett)				£30.50/month unlimited online access to Live classes (A/N and P/N Pilate baby classes) or £50.50 block of term weekly face to face class and online	

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				access to recorded sessions.	
			Redditch		
Yoga Dawn				£9 drop in, £75 for 10 class pass, £48 for 6 class pass	
Live well Be well (Abbey Stadium)					
NCT walks in Redditch					Redditch NCT Facebook
Coffee and walks - Glowing Mamma					
Live well Be well			Abbey Stadium, Birmingham Road, Redditch B97 6EJ	£25 for 6-week course includes Gym membership and access to community Sessions	
Glowing Mama Walk	last Friday of the month				
Free mums walk	Friday	09:30am			

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			Wyre Forest		
Yoga Bellies – Mum & Baby				Yoga 6wk = £69	
Lucy B physio pilates – Postnatal Pilates				£7/session (Stourport, Bewdley, Shrawley)	
Glowing Mama 1 hr session	Friday	10:00 – 11:30am Term time only	Hartlebury Parish Hall, Waresley Ct Rd, Hartlebury, Kidderminster DY11 7TQ	£8.75 P/N or block of 4 £35P/N or 8 for £70 P/N	Postnatal Classes - Glowing Mamma
Free NCT walks					Worcester and Droitwich Local activities & meet-ups NCT
Free park yoga					Park Yoga Kidderminster - Park Yoga

Online – BusyLizzy family club: [Mum & Baby Programme - Busylizzy](#)

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