

Fitness, exercise and physical activity groups in pregnancy (Antenatal)

| Group | Day | Time | Location | Cost | Contact/Lead |
|---|---|--------------------|---|--|---|
| Malvern | | | | | |
| Carrie Kidman Beeson A/N fitness classes | | | Malvern | £6 per session | carriebolton2005@yahoo.co.uk 07790 658 743 |
| Flo fit | Monday | 17:45pm | 36 Bosbury Rd, Malvern WR14 1TR | Yoga sessions £9/session or 10 for £80 | info@yourflofitness.co.uk 07875 938 725 |
| The Roaming Birth Tribe | Wednesday – first and third of the month | | Various locations in Malvern | Free | Empowered Birthing Suckley Facebook |
| Worcester City | | | | | |
| Glowing Mama – Fitness sessions | Tuesday | 18:30 – 19:30pm | United Reformed Church, WR1 3DU | 1 hr session £9.25/session, block of 4 £37, 8 for £74 | info@glowingmamma.co.uk |
| Monkeys' & Mama's | | | The Fold, Bransford, Worcester WR6 5JB | 7 weeks at £8 per session | events@thefold.org.uk |

Request Changes

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

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|----------------------------------|-----------------------|--|--|---|---|
| Yoga Bellies | Tuesdays Thursdays | 18:30 – 19:45pm 18:30 – 19:45pm | Fernhill Heath Willow Barn, Worcester | £48 for a 4-week block, or trial a session for £12. | Yoga for Pregnancy Yogabellies Worcestershire Wellness 07966 555 889 |
| Becoming Families Pregnancy Yoga | Wednesdays | 19:00 – 20:30pm | The Woodpecker, Evesham Rd, WR7 4QL | Six week block of classes £72.00 for a six week block. From 38 weeks you are able to pay weekly (£12 per class) | Pregnancy Yoga Becoming Families |
| | | | | | |
| | | | Bromsgrove | | |
| Mama Babybliss | | | | | Pregnancy massage and pregnancy yoga - MamaBabyBliss |
| Glowing Mama | Thursdays | 18:30-19:30pm | The Barns, Tardebigge, Bromsgrove, | | Antenatal Classes - Glowing Mamma |

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| | | | Redditch | | |
| One fit Mama | Thursday | 19:00-20:00pm | 12A Red Lion Street Alvechurch Birmingham B48 7LF | | alvechurch@onefitmama.co.uk |
| | | | | | |
| | | | | | |
| | | | Wychavon | | |
| Pershore - Bumps, Buggies and Barbells | Wednesday Am Tuesday PM | 10:30-11:30am 18:45-19:45pm | Wick Park, Pershore | | Bumps, Buggies & Barbells |
| Droitwich - Mama BabyBliss | | | | | Pregnancy massage and pregnancy yoga - MamaBabyBliss |
| Evesham - Rivers Leisure Centre | | | | | |
| | | | Wyre Forest | | |

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|-----------------------|----------|---------------|--|--|--|
| Yoga Bellies | | | | | YOGA FOR ALL Yogabellies Worcestershire Wellness |
| Lucy B Physio Pilates | Mondays | 17:15-18:15pm | Studio @ The Barn - Stourport-on-Severn DY13 0AA | | LucyB Physio and Pilates |
| | Tuesdays | 17:30-18:30pm | Heightington Village Hall, Rock, Bewdley, DY12 2XS | | |
| Glowing Mama | | | | | Antenatal Classes - Glowing Mamma |
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