

FREE Pregnancy & Postnatal stretch, strength & relax classes



No
experience
necessary.
Open to
all.

Mums' Zone is a free programme for pregnant women and new mums.



An opportunity to get your body moving, reduce common aches and pains, meet other local women and support your wellbeing.

Anyone welcome - come along and meet new friends, hear useful information and feel empowered to look after your health during pregnancy and after you have had your baby.



PLEASE NOTE:
for the postnatal class babies need to be non-mobile.
All instructors are qualified in delivering pregnancy and postnatal exercise. Please wear anything comfortable.



For more information and to book please contact

Email: mumszone@getberkshireactive.org

Facebook: [mumszoneberks](https://www.facebook.com/mumszoneberks)

Website: www.getberkshireactive.org/mums-zone-classes

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Chalvey Hub

Ladbroke Road, Chalvey, SL1 2SR

Fridays 9.30-10.30am (pregnancy)
10.30-11.30am (postnatal)



Britwell Parish Community Centre

Long Furlong Drive, Slough SL2 2PH

Tuesdays 10am -11am (pregnancy)
11am -12am (postnatal)



FREE virtual classes online

are also available on

Fridays 1pm-2pm (pregnancy)
2pm-3pm (postnatal)



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