

# yummy mummies

exercise classes



Here's a fantastic way to get back into shape *and* bond with your baby at the same time! Bring your children (aged 12 weeks to 12 months) along to Hunts Fitness Club in Fitzroy. These classes are perfect for new mums and are exclusively designed to include core stability, fitball, Yoga and strengthening exercises. Classes are structured in 10 week blocks which are intended to progressively challenge your fitness. A block of 10 classes costs \$150, or casual attendance is available for \$17 per session. All prices include entry to Hunts Fitness Club.

Call **Emma Honey** for more details on **0413 040 556**

**Your body is a temple, start renovating now!**