

# 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, 41 Johnson St, Fitzroy. These classes are exclusively designed for new mums and include core stability, Pilates, Yoga and strengthening exercises. Classes are structured to progressively challenge your fitness, whatever level you are currently at. Initial sessions cost \$25, then fast-track your progress with a five or ten visit pass. All prices include entry to Hunt's Fitness Club, which normally costs \$20.

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

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

  
**hunts**  
fitness club