



POST NATAL EXERCISE CLASSES

Bring your little one with you!

- When:** Starting 6 December 2011
Tuesdays 11:30 am - 12:30 pm &
Thursdays 2:00 pm - 3:00 pm
- Where:** Hornsey Vale Community Centre
60 Mayfield Road, Crouch End N8
- With:** Adam Waller of APT Personal Training
- Cost:** £10 drop in, £8 per class for block of 8
- Contact:** Call Adam on **07545 582556** or email:
adam@aptpersonaltraining.com



Mobile: +44 (0)7545 582556
adam@aptpersonaltraining.com
www.aptpersonaltraining.com

Bring this flyer and get your first class for free

Congratulations on becoming a mum! Now it's time to take care of yourself and get back into shape. But first there are some precautions to take before starting a new exercise programme. It is important to obtain clearance from your GP/obstetrician before starting your training.

After 9 months of pregnancy and hours of labour it's time to regain your core function and bring those muscles back to their normal pre-pregnancy state. The muscles of the core include the deep abdominal muscles, the diaphragm and the pelvic floor. My classes are designed to help you regain and improve strength and fitness with fun and varied exercise routines and plenty of encouragement from each other. Babies are also welcome!

I am a member of the Guild of Pregnancy and Post Natal Exercise Instructors.

I look forward to seeing you in class!

Adam Waller