arun wellbeing

ARUN DISTRICT COUNCIL Working in partnership west sussex county council

Prenatal fitness

A fun and friendly FREE class for all abilities including a range of full body exercises. Reducing back pain and swelling as well as improving mood and sleep.

VIRTUAL PRENATAL FITNESS

Wednesday 21st April
1pm-2pm
(for 10 weeks)

NO CHILDCARE? NO PROBLEM!

The sessions are aimed at people with young families around and those expecting their first bundle of joy.

https://arun.westsussexwellbeing.org.uk/topics/being-active/wellbeing-active-courses

Tel. 01903 737862 Arun Wellbeing @ArunWellbeing