



AQUANATAL CLASSES

FOR PREGNANT WOMEN ONLY



MONDAY

**12:00pm – 12:45pm
(with Kirsty)**



- ☺ Aquanatal is a wonderful form of safe exercise during, and after pregnancy.
- ☺ These sessions will help you feel good about yourself, and will give you an opportunity to make friends.
 - ☺ Meet other Mums-2-be!
 - ☺ Supported by MAMTA

PRICES:-

£4 or £3 with a valid PTLL
(Passport to Leisure & Learning)

Please contact **Reception** on **024 7666 7121** to check availability

Our address is:

Foleshill Sports & Leisure Centre
Livingstone Road,
Foleshill, Coventry, CV6 5AR

In Partnership with
Foleshill Sports & Leisure Centre
and MAMTA/FWT – a centre for women

Part of the Coventry Health Improvement Programme - working together for a healthier Coventry



**70 - 72 Elmsdale Avenue,
Foleshill, Coventry CV6 6ES
Telephone 024 7663 7693**

