

# Enjoy some active time together with your children



- Join us for fun and friendly fitness sessions, with no childcare needed:
- Do a walking workout in Beverley or Hull – our daytime fitness walks welcome children in buggies
  - Feel fitter and stronger at boot camp – babies and pre-school children can come too

<b>Fitness walk</b>	Tuesday 9.45am	East Riding Leisure - Beverley	First three sessions are free, then membership of £38.00/ year; children free
<b>Fitness walk</b>	Thursday 9.30am	East Park, Hull (meet outside the café)	
<b>Boot camp</b>	Friday 1pm	East Riding Leisure - Beverley	£4.00 non-members, £2.00 members, children free

All sessions are friendly, supportive and suitable for all: mums-to-be, parents, grandparents, carers, everyone. No need to book – just turn up.

**Nervous about starting? We've got ways we can help – just get in touch**



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# Saturday Active

*Enjoy some active time with the kids*

A fun, indoor, fitness session for adults+ children (age 5+ )\*



**Saturdays, 10.30am**  
**Term time only**  
**Cottingham Civic Hall**  
**£2 per person** (discounts for 4+ people)

For more info and to book, scan the QR code or email [denise@fitmums.org.uk](mailto:denise@fitmums.org.uk)

\*Both adults and children must take part. Max two children per adult.

