

**Wellbeing Service 01254 682037    Move more, Shape up!**  
**Activity Timetable**

<b>Activity Timetable</b>				
<b>Monday</b>				
18:00-18:45	Mindful movement for pregnant ladies	<b>Blackburn Birth Centre</b>	<i>Ante-natal</i>	
12:00-13:00	Biker Tots	<b>DLC</b>	<i>2-4 year olds</i>	
<b>Tuesday</b>				
10:00 – 10:45	Mini Movers	<b>DLC – sports hall</b>	<i>Child should be steady on their feet</i>	
11:00 – 12:00	Buggy Buddies	<b>DLC – sports hall</b>	<i>Post-natal</i>	
12:00-13:00	Biker Tots	<b>WPA</b>	<i>2-4 year olds</i>	
13:30-14:30	Mindful Movement for Mums and Babies	<b>Earcroft Childrens Centre</b>	<i>Post-natal</i>	
<b>Wednesday</b>				
10:00 - 11:00	Pregnancy Pilates	<b>Blackburn Birth Centre</b>	<i>Ante- natal</i>	
18:15 – 19:00	Aqua Natal	<b>BSLC – small pool</b>	<i>Ante-natal</i>	
<b>Thursday</b>				
10:00-11:00	Wheelyfit	<b>DLC</b>		
6:00-6:45	Legs, Bums & Bump	<b>Blackburn Central School</b>		
<b>Friday</b>				
10:15 – 11:00	Mini movers	<b>WPA – indoor track</b>	<i>Child should be steady on their feet</i>	
11:15 – 12:15	Wheelyfit	<b>WPA</b>	<i>Post-natal</i>	
12:15- 1:00	Aqua Natal	<b>DLC</b>	<i>Ante- natal</i>	

**BSLC** – Blackburn Sports and Leisure Centre    **DLC** – Darwen Leisure Centre  
**WPA** – Witton Park Arena

**Aqua Natal** - A pool based class for pregnant ladies, utilising the waters buoyant properties to give you support and allow for increased movement.

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**Buggy Buddies** - A low intensity class for new mums. The Buggy Buddies session gives you a whole body workout whilst exercising with other new mums.

**Mindful movement Sessions** –A low level session which will focus on breathing and relaxation techniques and working core muscles, a chance to take time out for mum and baby.

**Legs, bums and bump-** A low level session working on strength to keep mum to be strong in preparation for labour and birth

**Wheelyfit-** A walk and tone session for post-natal mums. The aim of the session is to get active and meet other new mums!

**Mini Movers** - An active play session for toddlers and infants (*18 months – 4 years*). Building skills such as; spatial awareness, hand eye co-ordination and balance in a fun way.

**Biker Tots** – Stay and play for toddlers (2-4 years) Building skills such as spatial awareness and balance with the opportunity to use a balance bike

All of the ante/post natal sessions are £1 under the Re:fresh Scheme and full class price for those that do not qualify

All early years sessions are 50p

NO NEED TO BOOK – JUST TURN UP