



Welcome - Buggy Body Blitz

My buggy fitness classes are designed for mums who want to get back their fitness levels safely and effectively. Helping you shift that baby weight, tone up, get some fresh air and feel good about yourself inside and out. All classes are baby friendly, so you don't need to find childcare. You can workout in a relaxed environment, knowing that you can tend to your baby whenever you need to.

In my own experience, I was keen to get back into shape after having children, but like many other mums I know, struggled to find the time to juggle motherhood and exercise.

Make sure you've had your doctor's approval to recommence exercise (normally 6 weeks for a vaginal birth, 10 weeks for a caesarean). After your check you are then welcome to join us as soon as you feel up to it! It's a great way mums to get back into shape, socialize and have fun.

What does the class involve?

The session is an hour long and may vary from week to week. We will meet on the Green on Pippin Way and warm up with a brisk walk focusing on our posture.

We then park the babies up for the main workout which involves a mixture of cardio drills, power walking, non-compulsory jogging, resistance exercises, strengthening and toning exercises. For those who gave birth 6 months+ ago – I will introduce some higher-impact exercises to raise the heart rate. We'll finish with a stretch and cool down.

All levels of fitness are welcomed and catered for. I strongly encourage all ladies to work at their own levels.

If you have an exercise mat, please bring along to the class. (picnic blankets work well outside if not)

I aim to give you a full body workout and focus on any areas that you particularly want to. As a qualified Personal Trainer I can also offer advice on any questions you have about health, fitness and nutrition.

Why not get your antenatal group, NCT group, or friends to come along to meet up and work out together? You can then all motivate each other to come along and exercise regularly.

Payment

Payments are paid for the month on the first Wednesday of each month. You do not have to pay upfront until you have been to your first class to ensure the class is for you. The sessions are non-refundable and non-exchangeable. Sessions are £6.



Lots of you have messaged asking questions, I'll do my best to answer any queries you may have but feel free to get in touch if you need to know anything else.

Q. What sort of clothing should I wear?

A. It is best to wear loose clothing, such as a tracksuit or gym wear, which allows freedom of movement. Although this is a low-impact class, it is still worth wearing a bra that provides good support, especially if you are breastfeeding. Remember to wrap up warmly in winter. Don't forget your gloves on the colder days.

Q. Will the class still run if weather is bad?

A. I will endeavor to continue to run classes in most weathers. Remember to wrap up warm and bring some gloves on extremely cold days.

Q. I have an older child as well as a baby. Can I bring them along?

A. It depends on the age of your older child and how willing s/he is to sit in a buggy for an hour. For safety reasons and insurance purposes all babies and toddlers must be strapped into buggies whilst we are on the move and exercising.

Q. What happens if my baby cries?

A. I am very relaxed in my classes; you may stop whenever necessary to make sure your baby is content. Everyone is in the same boat, just stop and start the class when you can. Try and remember that some exercise is better than none and your baby is most important.

Q. I am pregnant. Can I book on BBB to secure my space?

A. You may book onto my course to secure a space, and as soon as you have had a doctors sign off to start exercise again you are welcome to come join at any point.

Q. I am worried that it might be too hard.

A. I will start of relatively gently and the course is designed to progressively push you week after week, I will ensure that work at a pace that suits everybody. Whilst we work as a group, I will offer different levels. Please listen to your body and do what feels right for you.

Q. What should I bring to class?

A. Please bring a mat if you have one. Don't forget your water bottle and comfy clothing. It might be worth bringing a small toy and a snack for the babies to enjoy while watching Mummy enjoy herself.

Q. Can I bring a double buggy?

A. Yes, all the routes we do are wide enough to allow access for a double buggy.