

Central
Bedfordshire

great
lifestyles



Buggy Fit classes

The Orchard Community Centre, Biggleswade, SG18 8SZ

Thursday 1pm - 2pm

£2 per session

A sociable friendly class for anyone wanting to exercise with or without their babies. The class offers mums and dads the opportunity to exercise with their buggy in a safe and inclusive environment. The class comprises of a warm up and cardiovascular exercise to energise and help improve fitness, body weight and light resistance work to help strengthen and tone, followed by a cool down element so you leave feeling ready to take on the world!

To book please email robyn1.sg@gmail.com or call 0300 300 4248

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