



Cardinia

Mums & Bubs Exercise Program

Location: Cardinia Life
4 Olympic Way, Pakenham

11:00am Monday
7-week program \$70

Improve your posture, flexibility,
strength and cardio
Classes include circuit, boxing, barre,
yoga and pilates

A great way to return to exercise
Modified classes suitable for new mums
Different class types each week to keep you motivated
Take a break and care for your child's needs in a safe & caring environment



Please complete a registration form ONLINE
by scanning the QR code or [CLICK HERE](#)

We will contact you to confirm your booking. Payment must
be received prior to the beginning of the program.

To participate you must have completed your 6-week post-natal
check-up and have medical clearance to return to exercise.

