



# SPORT TASMAN

## No more Mummy Tummy

6 week postnatal transformation

**Starting 25th October**

Regain strength and stability post pregnancy

Classes Wednesday 10.30-11.15am

Booking essential

**\$50.00 registration - Limited spaces, so get in quick**

**Pregnancy and Postnatal Personal Training for one on one or small group guidance also available.**

**Registration essential—Saxton Stadium**

538 0072 or [stadium@sporttasman.org.nz](mailto:stadium@sporttasman.org.nz)



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