

Pre-/Postnatal Training

Small Exercise groups with personal attention for pregnant and postnatal moms!

Get back in shape!

**Improves Oxygen to Babies Brain
Improves Natural Birthing Process
Improves Recovery from Caesarean**

Mommies bring your newborn with!



**Home and baby Center
52 Kingfisher Drive
Fourways**

www.fourwayshealth.co.za

Call Annerita - 072 622 1916

**qualified
personal
trainer**