

PREGNANCY EXERCISE CLASS

Do you want to stay fit and healthy during your pregnancy, confident you are exercising safely?



Come join our PHYSIOTHERAPY LED Pregnancy Exercise Class!

WHERE: Russell Building Tallaght (Beside Luas Stop!)

WHEN: Monday nights 6-7.15pm

WHO: Pregnant ladies 12+ weeks gestation, with low risk pregnancies

HOW: Call Catrina on 076-6957553 to book your place.