

# Post-Natal with YeoFit



Join other new mums and babies  
at our friendly post-natal classes.



Get back into fitness  
....and bring baby too!



Come with friends  
..... or make friends.



Tailored, supervised sessions with Lou  
Wiseman in your local gym/studio  
with a view. Please email:  
louwiseman73@gmail.com  
Tel: 07919 416927

Have coffee and a chat after!\*

Book on via the website



For all classes visit [www.lynnejoynerfitness.co.uk](http://www.lynnejoynerfitness.co.uk)

YeoFit is Yeo Valley HQ's gym & studio, with classes open to the local public

YeoFit, Yeo Valley HQ, Rhodyate, Blagdon, Bristol BS40 7YE

\*The Yeo Valley canteen is open for coffee Tue-Fri 9am to 11.30am