

**Please note:** The timetables and groups below are offered through local third-party organisations, and we cannot be responsible for any changes to classes and events. Always contact by email or phone to confirm events and classes are going ahead before you travel.

For information, support and services for new and expectant parents, visit [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart)

## Fitness, exercise and walking groups in pregnancy (Antenatal)

Area	Group	Day/ Time	Location	Cost	Contact/ Information
Malvern	<b>Bump Boost-</b> All class in the swimming pool	Monday 9.30-10.15am	Malvern Splash, Priors Rd, Malvern WR14 3DS	£4.50 or free if you are a member	<a href="https://www.freedom-leisure.co.uk/centres/malvern-splash-leisure-centre/">https://www.freedom-leisure.co.uk/centres/malvern-splash-leisure-centre/</a>
Worcester	<b>Glowing Mama -</b> Pregnancy exercise class	Tuesday 18:30-19:30pm	United Reformed Church, WR1 3DU	£12 per session or £11.50 when booking a term block	<a href="https://glowingmamma.co.uk/">https://glowingmamma.co.uk/</a> <a href="mailto:info@glowingmamma.co.uk">info@glowingmamma.co.uk</a> Midwife-led
Worcester	<b>Glowing Mama -</b> Pregnancy exercise class	Thursdays 18.00-19.00pm	St Nicholas Barn, Off St Nicholas Ln, Worcester WR4 0SL	£12 per session or £11.50 when booking a term block	<a href="https://glowingmamma.co.uk/">https://glowingmamma.co.uk/</a> <a href="mailto:info@glowingmamma.co.uk">info@glowingmamma.co.uk</a> Midwife-led
Worcester	<b>Yoga Bellies -</b> Yoga for Pregnancy	Thursday 18:30-19:45pm	Bennetts willow Barn, Malvern Road, Lower Wick, Worcester, WR2 4BS	£48 for a 4-week block, £96 for a 8-week block, or trial a session for £12.	<a href="https://www.worcestershirewellness.com/">https://www.worcestershirewellness.com/</a> 07966 555 889
Worcester	<b>Becoming Families -</b> Pregnancy Yoga	Wednesday 19:00-20:30pm	The Woodpecker, Evesham Rd, WR7 4QL	£72.00 for a 6 week block	<a href="https://www.becomingfamilies.co.uk/birthlight-pregnancy-yoga">https://www.becomingfamilies.co.uk/birthlight-pregnancy-yoga</a> <a href="mailto:yoga@becomingfamilies.co.uk">yoga@becomingfamilies.co.uk</a> From 38 weeks you are able to pay weekly (£12 per class)
Bromsgrove	<b>Swim and Social-</b> for pregnant women	Wednesday 1.00-2.00pm	Bromsgrove Leisure Centre, School Dr, Bromsgrove B60 1AY	£2.50	<a href="https://www.everyoneactive.com/centre/bromsgrove-sports-leisure-centre/">https://www.everyoneactive.com/centre/bromsgrove-sports-leisure-centre/</a> Café social to follow between 2-3pm

### **Request Changes- last updated March 2026**

To request changes to the timetables/ lists of activities, please email [hwbadmin@worcestershire.gov.uk](mailto:hwbadmin@worcestershire.gov.uk) and include FAO: Best Start Website

### **Third Party Website and Services Disclaimer**

The Best Start website [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart) contains links to websites and details of services owned and operated by third parties. These links and information are provided for your information and convenience only and are not an endorsement by Worcestershire County Council of the content of any linked websites or third-party services. Read the full disclaimer [here](#)

**Please note:** The timetables and groups below are offered through local third-party organisations, and we cannot be responsible for any changes to classes and events. Always contact by email or phone to confirm events and classes are going ahead before you travel.

For information, support and services for new and expectant parents, visit [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart)

<b>Bromsgrove-Tardebigge</b>	<b>Glowing Mama</b> - pregnancy exercise class	Monday 18:30-19:30pm	The Barns, Tardebigge, Bromsgrove,	£12 per session or £11.50 when booking a term block	<a href="https://glowingmamma.co.uk/info@glowingmamma.co.uk">https://glowingmamma.co.uk/info@glowingmamma.co.uk</a> Midwife-led
<b>Bromsgrove</b>	<b>Yoga Bellies</b> - Yoga for Pregnancy	Wednesday 18:30-19:45pm	The Wellbeing Tree, 16 St John St, Bromsgrove B61 8QY	£48 for a 4-week block, £96 for an 8-week block, or trial a session for £12.	<a href="https://www.worcestershirewellness.com/">https://www.worcestershirewellness.com/</a> 07966 555 889
<b>Bromsgrove</b>	<b>Mama &amp; Baby Fitness</b> - pregnancy and postnatal class	Monday 11.30am	Bromsgrove (TR Fitness Studio)	£69 for a 6 week block or £13 per class	<a href="http://www.gomamago.co.uk">www.gomamago.co.uk</a> Charley B at Go Mama Go 07535015017 Pregnancy and postnatal class
<b>Redditch-Astwood Bank</b>	<b>Mama &amp; Baby Fitness</b> - pregnancy and postnatal class	Tuesday 9.45am	Astwood Bank (Studio 24)	£69 for a 6 week block or £13 per class	<a href="http://www.gomamago.co.uk">www.gomamago.co.uk</a> Charley B at Go Mama Go 07535015017 Pregnancy and postnatal class
<b>Redditch-Astwood Bank</b>	<b>Mama &amp; Baby Fitness</b> - pregnancy and postnatal class	Friday 10.45am	Bromsgrove (TR Fitness Studio)	£69 for a 6 week block or £13 per class	<a href="http://www.gomamago.co.uk">www.gomamago.co.uk</a> Charley B at Go Mama Go 07535015017 Pregnancy and postnatal class
<b>Wychavon-Hartlebury</b>	<b>Glowing Mama</b> - Pregnancy exercise class	Monday 18:00-19:00pm	Hartlebury Parish Hall, Waresley Ct Rd, Hartlebury, DY11 7TQ	£12 per session or £11.50 when booking a term block	<a href="https://glowingmamma.co.uk/info@glowingmamma.co.uk">https://glowingmamma.co.uk/info@glowingmamma.co.uk</a> Midwife-led

**Request Changes- last updated March 2026**

To request changes to the timetables/ lists of activities, please email [hwbadmin@worcestershire.gov.uk](mailto:hwbadmin@worcestershire.gov.uk) and include FAO: Best Start Website

**Third Party Website and Services Disclaimer**

The Best Start website [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart) contains links to websites and details of services owned and operated by third parties. These links and information are provided for your information and convenience only and are not an endorsement by Worcestershire County Council of the content of any linked websites or third-party services. Read the full disclaimer [here](#)

**Please note:** The timetables and groups below are offered through local third-party organisations, and we cannot be responsible for any changes to classes and events. Always contact by email or phone to confirm events and classes are going ahead before you travel.

For information, support and services for new and expectant parents, visit [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart)

<b>Wychavon-Droitwich</b>	<b>Yoga Bellies -</b> Yoga for Pregnancy	Tuesday 6.30- 7.45pm	Droitwich Methodist Church, Worcester Road, Droitwich, WR9 8AN	£48 for a 4-week block, £96 for a 8-week block, or trial a session for £12.	<a href="https://www.worcestershirewellness.com/">https://www.worcestershirewellness.com/</a>
<b>Wychavon-Evesham</b>	<b>Antenatal Yoga</b>	Next start date: 3rd January	17 Oat St, Evesham WR11 4PJ	£47 per 4 weeks	<a href="https://www.holisticbirthworcestershire.com/">https://www.holisticbirthworcestershire.com/</a>
<b>Wyre Forest-Rock</b>	<b>Glowing Mama -</b> Pregnancy exercise class	Tuesday 18:30- 19:30pm	Rock Village Hall, Porchbrook Rd, Kidderminster DY14 9SD	£12 per session or £11.50 when booking a term block	<a href="https://glowingmamma.co.uk/">https://glowingmamma.co.uk/</a> <a href="mailto:info@glowingmamma.co.uk">info@glowingmamma.co.uk</a> Midwife-led

### Free Walking groups for expectant parents

<b>Malvern</b>	<b>The Roaming Birth Tribe -</b> Walking group for expectant parents	Wednesday- twice per month (1 <sup>st</sup> and 3 <sup>rd</sup> wed)	Various locations in Malvern	Free	<a href="https://www.facebook.com/empowered.birthing.malvern">https://www.facebook.com/empowered.birthing.malvern</a> <a href="https://www.instagram.com/empowered.birthing.malvern/">https://www.instagram.com/empowered.birthing.malvern/</a>
<b>Malvern</b>	<b>NCT walk and talk -</b> free local walks for new	Monday 10:30am	Various locations in Malvern	Free	<a href="https://www.nct.org.uk/local-activities-meet-ups/malvern-hills/mondays-malverns-0">https://www.nct.org.uk/local-activities-meet-ups/malvern-hills/mondays-malverns-0</a>

**Request Changes- last updated March 2026**

To request changes to the timetables/ lists of activities, please email [hwbadmin@worcestershire.gov.uk](mailto:hwbadmin@worcestershire.gov.uk) and include FAO: Best Start Website

#### Third Party Website and Services Disclaimer

The Best Start website [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart) contains links to websites and details of services owned and operated by third parties. These links and information are provided for your information and convenience only and are not an endorsement by Worcestershire County Council of the content of any linked websites or third-party services. Read the full disclaimer [here](#)

**Please note:** The timetables and groups below are offered through local third-party organisations, and we cannot be responsible for any changes to classes and events. Always contact by email or phone to confirm events and classes are going ahead before you travel.

For information, support and services for new and expectant parents, visit [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart)

	and expectant parents				<a href="mailto:coordinator.malvern hills@nct.org.uk">coordinator.malvern hills@nct.org.uk</a>
<b>Wyre Forest</b>	<b>Glowing Mama coffee and walks</b> - free walk for new and expectant parents	Last Monday of the month at 10am	Wyre Forest Visitor Centre, Wyre Forest, DY14 9XQ	Free	<a href="https://glowingmamma.co.uk/coffee-and-walks/">https://glowingmamma.co.uk/coffee-and-walks/</a> <a href="mailto:info@glowingmamma.co.uk">info@glowingmamma.co.uk</a> Midwife-led
<b>Wyre Forest</b>	<b>NCT walk and talk</b> - free local walks for new and expectant parents	TBC	Wyre Forest	Free	<a href="https://www.nct.org.uk/local-activities-meet-ups/worcester-and-droitwich">https://www.nct.org.uk/local-activities-meet-ups/worcester-and-droitwich</a> <a href="mailto:worcesteranddroitwich@nct.org.uk">worcest eranddroitwich@nct.org.uk</a>
<b>Worcester</b>	<b>Glowing Mama coffee and walks</b> - free walk for new and expectant parents	Last Tuesday of the month at 10am	Kyndfolk, Worcester, WR1 3EZ	Free	<a href="https://glowingmamma.co.uk/coffee-and-walks/">https://glowingmamma.co.uk/coffee-and-walks/</a> <a href="mailto:info@glowingmamma.co.uk">info@glowingmamma.co.uk</a> Midwife-led
<b>Worcester</b>	<b>NCT walk and talk</b> - free local walks for new and expectant parents	TBC	Worcester River loop/ Worcester Country Park	Free	<a href="https://www.nct.org.uk/local-activities-meet-ups/worcester-and-droitwich">https://www.nct.org.uk/local-activities-meet-ups/worcester-and-droitwich</a> <a href="mailto:worcesteranddroitwich@nct.org.uk">worcest eranddroitwich@nct.org.uk</a>

**Request Changes- last updated March 2026**

To request changes to the timetables/ lists of activities, please email [hwbadmin@worcestersh ire.gov.uk](mailto:hwbadmin@worcestersh ire.gov.uk) and include FAO: Best Start Website

**Third Party Website and Services Disclaimer**

The Best Start website [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart) contains links to websites and details of services owned and operated by third parties. These links and information are provided for your information and convenience only and are not an endorsement by Worcestershire County Council of the content of any linked websites or third-party services. Read the full disclaimer [here](#)

**Please note:** The timetables and groups below are offered through local third-party organisations, and we cannot be responsible for any changes to classes and events. Always contact by email or phone to confirm events and classes are going ahead before you travel.

For information, support and services for new and expectant parents, visit [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart)

<b>Redditch</b>	<b>Glowing Mama coffee and walks</b> - free walk for new and expectant parents	Last Friday of the month at 10am	Arrow Valley Visitors Centre, Arrow Valley Park, Redditch, B98 0LJ	Free	<a href="https://glowingmamma.co.uk/coffee-and-walks/">https://glowingmamma.co.uk/coffee-and-walks/</a> <a href="mailto:info@glowingmamma.co.uk">info@glowingmamma.co.uk</a> Midwife-led
<b>Redditch</b>	<b>NCT walk and talk</b> - free local walks for new and expectant parents	Wednesday 10.00-12.00pm	Arrow Valley Country Park, Redditch, B98 0JL	Free	<a href="https://www.nct.org.uk/local-activities-meet-ups/redditch">https://www.nct.org.uk/local-activities-meet-ups/redditch</a> <a href="mailto:redditch@nct.org.uk">redditch@nct.org.uk</a>
<b>Bromsgrove</b>	<b>NCT walk and talk</b> - free local walks for new and expectant parents	Thursday 10.30-12.00pm	Sanders Park, Bromsgrove, B61 7JP	Free	<a href="https://www.nct.org.uk/local-activities-meet-ups/bromsgrove">https://www.nct.org.uk/local-activities-meet-ups/bromsgrove</a> <a href="mailto:volunteering@nct.org.uk">volunteering@nct.org.uk</a>
<b>Bromsgrove</b>	<b>Mum &amp; Mini social stroll</b> - free weekly walk for mums to be, new mums and mums with young children	Thursday 11.30-12.15pm	Sanders Park, Bromsgrove, B61 7JP	Free	Led by Bromsgrove PCN and Bromsgrove Family Hub <a href="http://www.worcestershire.gov.uk/familyhubs">www.worcestershire.gov.uk/familyhubs</a> No booking needed

**Request Changes- last updated March 2026**

To request changes to the timetables/ lists of activities, please email [hwbadmin@worcestershire.gov.uk](mailto:hwbadmin@worcestershire.gov.uk) and include FAO: Best Start Website

**Third Party Website and Services Disclaimer**

The Best Start website [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart) contains links to websites and details of services owned and operated by third parties. These links and information are provided for your information and convenience only and are not an endorsement by Worcestershire County Council of the content of any linked websites or third-party services. Read the full disclaimer [here](#)

For information, support and services for new and expectant parents, visit [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart)

**Please note:** The timetables and groups below are offered through local third-party organisations, and we cannot be responsible for any changes to classes and events. Always contact by email or phone to confirm events and classes are going ahead before you travel.



***Request Changes- last updated March 2026***

*To request changes to the timetables/ lists of activities, please email [hwbadmin@worcestershire.gov.uk](mailto:hwbadmin@worcestershire.gov.uk) and include FAO: Best Start Website*

***Third Party Website and Services Disclaimer***

*The Best Start website [www.worcestershire.gov.uk/beststart](http://www.worcestershire.gov.uk/beststart) contains links to websites and details of services owned and operated by third parties. These links and information are provided for your information and convenience only and are not an endorsement by Worcestershire County Council of the content of any linked websites or third-party services. Read the full disclaimer [here](#)*