

For information, support and services for new and expectant parents, visit www.worcestershire.gov.uk/beststart

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Fitness, exercise and walking groups for parents with babies (Postnatal)

Area	Group	Day/ Time	Location	Cost	Contact/ Information
Wyre Forest-Stourport	Sweaty Mamilates- exercise class with baby	Tuesday 10.30am	The Studio @ The Barn Stourport-on-Severn, DY13 OAA	£40 6-week course	https://worcester.sweatymama.com Rachel Aslam 07715 690423
Wyre Forest-Kidderminster	Glowing Mama- postnatal exercise class	Fridays 10.00-11.30	Far Forest Pavilion, Tenbury Rd, Callow Hill, Kidderminster DY14 9DA	£14 per class or £13 when booking a term block	https://glowingmamma.co.uk/info@glowingmamma.co.uk Midwife-led Term time
Worcester	Sweaty Mama- exercise class with baby	Monday 10.00am	Claines Parish Hall, Cornmeadow Lane, Claines, Worcester WR3 7NY	£40 6 Week Course	https://worcester.sweatymama.com Rachel Aslam 07715 690423
Worcester	Yoga Bellies- Mum & Baby yoga	Thursday 10.45-11.45am	Bennetts Willow Barn, Malvern Road, Lower Wick, Worcester, WR2 4BS	6 week block £69	https://www.worcestershirewellness.com/yoga-for-mum-baby

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Worcester	Glowing Mama- postnatal exercise class	Monday 10.00- 11.30am	St James Church, Norton, Worcester	£14 per class or £13 when booking a term block	https://glowingmamma.co.uk/ info@glowingmamma.co.uk Midwife-led Term time
Worcester	Glowing Mama- postnatal exercise class	Wednesday 10.00- 11.30am	Claines Institute, Worcester	£14 per class or £13 when booking a term block	https://glowingmamma.co.uk/ info@glowingmamma.co.uk Midwife-led Term time
Worcester	Glowing Mama- postnatal exercise class	Thursday 10.00- 11.30am	United Reformed Church, Worcester	£14 per class or £13 when booking a term block	https://glowingmamma.co.uk/ info@glowingmamma.co.uk Midwife-led Term time
Worcester	Glowing Mama- Core and Pelvic Floor	Wednesday 14.30- 15.30pm	KyndFolk, Worcester	£60 for a 5 week course	https://glowingmamma.co.uk/ info@glowingmamma.co.uk Midwife-led
Worcester	Yoga Bellies- Mum & Baby yoga	Tuesday 10.45- 11.45am/ 12:00- 1pm	St Peters Garden Centre, Norton Rd, Brockhill Village, Worcester WR5 2NY	6 week block £69	https://www.worcestershirewellness.com/yoga-for-mum- baby
Worcester	Mummy and Me- Postnatal Exercise Class	Friday 12pm	Perdiswell Leisure Centre, Bilford Rd, Worcester WR3 8DX	£4 members, £5 non- members	https://www.freedom-leisure.co.uk/centres/perdiswell- leisure-centre/

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Malvern	Glowing Mama- postnatal exercise class	Fridays 09.45- 11.15am	Rushwick Village Hall	£14 per class or £13 when booking a term block	https://glowingmamma.co.uk/ info@glowingmamma.co.uk Midwife-led Term time
Malvern- Upton	Mummy and Me- Postnatal Exercise Class	Thursday 9.30-10.30	The Hill Community Centre, Milestone Road, Upton, WR8 0EN	£5 per session	https://www.freedom-leisure.co.uk/centres/the-hill- community-centre/ uptonhillenquiries@freedom-leisure.co.uk
Wychavon- Ombersley	Sweaty Mama- exercise class with baby	Wednesday at 10.00am	Ombersley Memorial Hall, Sandys Road, Droitwich WR9 0DY	£40 6 Week Course	https://worcester.sweatymama.com Rachel Aslam 07715 690423
Wychavon- Peopleton	Postnatal yoga- for mums and babies	Wednesday 10.30- 12.00	Peopleton Village Hall, WR10 2EG	£72.00 for 6 week course	https://www.becomingfamilies.co.uk yoga@becomingfamilies.co.uk
Wychavon- Hartlebury	Glowing Mama- postnatal exercise class	Friday 10.00- 11.30am	Hartlebury Parish Hall	£14 per class or £13 when booking a term block	https://glowingmamma.co.uk/ info@glowingmamma.co.uk Midwife-led Term time
Wychavon- Evesham	Postnatal Yoga	Next start date: 28 th January	Cavendish Park Care Home – Community Room, Offenham	£66 per 6 weeks	https://www.holisticbirthworcestershire.com/

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			Road, Evesham, WR11 3DX		
Bromsgrove	Yoga Bellies- Mum & Baby yoga	Wednesday 10:00- 11.00	The Wellbeing Tree, 16 St John St, Bromsgrove B61 8QY	6 week block £69	https://www.worcestershirewellness.com/yoga-for-mum-baby
Bromsgrove- Hanbury	Glowing Mama- postnatal exercise class	Wednesday 10.00- 11.30am	Hanbury Village Hall, Hanbury, Bromsgrove	£14 per class or £13 when booking a term block	https://glowingmamma.co.uk/ info@glowingmamma.co.uk Midwife-led Term time
Bromsgrove	Mama & Baby Fitness- pregnancy and postnatal class	Monday 11.30am	Bromsgrove (TR Fitness Studio)	£69 for a 6 week block or £13 per class	www.gomamago.co.uk Charley B at Go Mama Go 07535015017 Pregnancy and postnatal class
Redditch- Astwood Bank	Mama & Baby Fitness- pregnancy and postnatal class	Tuesday 9.45am	Astwood Bank (Studio 24)	£69 for a 6 week block or £13 per class	www.gomamago.co.uk Charley B at Go Mama Go 07535015017 Pregnancy and postnatal class
Redditch- Astwood Bank	Mama & Baby Fitness- pregnancy and postnatal class	Friday 10.45am	Bromsgrove (TR Fitness Studio)	£69 for a 6 week block or £13 per class	www.gomamago.co.uk Charley B at Go Mama Go 07535015017 Pregnancy and postnatal class

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Studley	Glowing Mama- postnatal exercise class	Wednesday 13.00- 14.30pm	Studley Parish Centre, Old Vicarage Gardens, Studley	£14 per class or £13 when booking a term block	https://glowingmamma.co.uk/ info@glowingmamma.co.uk Midwife-led Term time
Free Walking groups for parents with babies					
Malvern	The Roaming Birth Tribe - Walking group for expectant parents	Wednesday- twice per month (1 st and 3 rd wed)	Various locations in Malvern	Free	https://www.facebook.com/empowered.birthing.malvern https://www.instagram.com/empowered.birthing.malvern/
Malvern	NCT walk and talk - free local walks for new and expectant parents	Monday 10:30am	Various locations in Malvern	Free	https://www.nct.org.uk/local-activities-meet- ups/malvern-hills/mondays-malverns-0 coordinator.malvern hills@nct.org.uk
Wyre Forest	Glowing Mama coffee and walks - free walk for new	Last Monday of the month at 10am	Wyre Forest Visitor Centre, Wyre Forest, DY14 9XQ	Free	https://glowingmamma.co.uk/coffee-and-walks/ info@glowingmamma.co.uk Midwife-led

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	and expectant parents				
Wyre Forest	NCT walk and talk - free local walks for new and expectant parents	TBC	Wyre Forest	Free	https://www.nct.org.uk/local-activities-meet-ups/worcester-and-droitwich worcesteranddroitwich@nct.org.uk
Worcester	Glowing Mama coffee and walks - free walk for new and expectant parents	Last Tuesday of the month at 10am	Kyndfolk, Worcester, WR1 3EZ	Free	https://glowingmamma.co.uk/coffee-and-walks/ info@glowingmamma.co.uk Midwife-led
Worcester	NCT walk and talk - free local walks for new and expectant parents	TBC	Worcester River loop/ Worcester Country Park	Free	https://www.nct.org.uk/local-activities-meet-ups/worcester-and-droitwich worcesteranddroitwich@nct.org.uk
Redditch	Glowing Mama coffee and walks - free walk for new	Last Friday of the month at 10am	Arrow Valley Visitors Centre, Arrow Valley Park, Redditch, B98 0LJ	Free	https://glowingmamma.co.uk/coffee-and-walks/ info@glowingmamma.co.uk Midwife-led

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	and expectant parents				
Redditch	NCT walk and talk - free local walks for new and expectant parents	Wednesday 10.00-12.00pm	Arrow Valley Country Park, Redditch, B98 0JL	Free	https://www.nct.org.uk/local-activities-meet-ups/redditch redditch@nct.org.uk
Redditch	Men and Dads walking group	1 st Sunday of the month 12-1pm	Arrow Valley Country Park, Redditch, B98 0JL	Free	Please fill out a walker registration form https://forms.office.com/r/0KGUW2fX58 Contact Paul on 07873 859684
Bromsgrove	NCT walk and talk - free local walks for new and expectant parents	Thursday 10.30-12.00pm	Sanders Park, Bromsgrove, B61 7JP	Free	https://www.nct.org.uk/local-activities-meet-ups/bromsgrove volunteering@nct.org.uk
Bromsgrove	Men and Dads walking group	1 st Sunday of the month 10-11am	Sanders Park, Bromsgrove, B61 7JP	Free	Please fill out a walker registration form https://forms.office.com/r/0KGUW2fX58 Contact Paul on 07873 859684
Bromsgrove	Mum & Mini social stroll - free weekly	Thursday 11.30-12.15pm	Sanders Park, Bromsgrove, B61 7JP	Free	Led by Bromsgrove PCN and Bromsgrove Family Hub www.worcestershire.gov.uk/familyhubs No booking needed

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	walk for mums to be, new mums and mums with young children				
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