

# PARENT & BABY

ACTIVITIES IN  
HORSHAM



## MONDAY

Buggy Fit 10:30-11:15

Bring your baby along in their buggy for this low-impact workout class, designed to get your body moving!

## TUESDAY

Parent & Baby  
Indoor Cycling 10:10-10:50

Return to exercise & slowly build your stamina/strength, all whilst your little one watches on from the comfort of their buggy or our play pens!

## WEDNESDAY

Parent & Baby  
Drop In 11:00-11:30

A drop-in swimming lesson to build parents/guardians & their babies confidence in the water (ages 3-18 months).  
(PAYGO Only)

## THURSDAY

Parent & Baby  
Pilates 10:30-11:15

Follow along with a series of Pilates exercises, specifically designed to safely enhance postpartum recovery.



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