NCI | Tionscnamh Luathfhoghlama Early Learning Initiative

community families | Groups



Mam and Baby Fitness



Mondays
10.30am -11.15am
St. Andrews Resource Centre, Dubln 2

Thursday's
10.30-11.30am
PlayLab, NCI, Mayor Square. Dublin 1

Come join our group, led by our fully qualified fitness instructor Aoife Slater !

All levels welcomed & catered to.

The class will help:

- **Improve core connection**
- **Increase flexibility & joint mobility**
- **Breathwork techniques**
- **Injury prevention**
- **Increase strength**

Suitable from mums with 6 weeks post normal delivery and 12 weeks post C-Section birth.

ELI classes are relaxed, friendly, baby-led, increase your fitness & have your baby with you 🙂

It is also a great way to meet new mums & babies

To book, please contact :

AncaGabriela.Oltean@ncirl.ie

086 6078654