



Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

A session combining cardio exercises, strength training and pilates, for new mams to sweat, stretch and socialise. The sessions are led by qualified instructors, allowing women to be physically active throughout their postnatal journey.

These sessions are suitable for new mams and their babies (up to 18-months). You must be a resident of North Tyneside and have a valid easecard. Clearance to begin exercise from your 6–8-week GP check up is required. Please come in comfortable clothing and footwear.

Please arrive 15 minutes early for your first session.

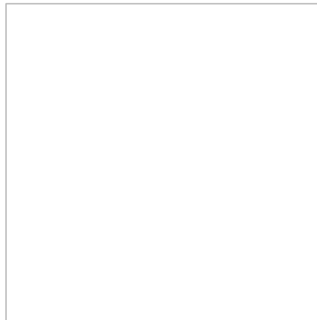
You need to register for the programme. Once you're registered, these sessions are available to drop in, with no need to book.




[mams
activities](#) |

[mums
activities](#) |

[Mam and baby](#) | [postnatal fitness](#)



 0191 643 7171



active@northtyneside.gov.uk



The Parks
Howdon Road
North Shields



<https://www.activenorthtyneside.org.uk/postnatal-power>

Last Updated - 6th January 2025



© 2025 Living Well North Tyneside | Web Design: Indigo Newcastle