



# Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** £2.80

 **Type:** Face to Face

Active Mams provides an opportunity for new parents and carers to exercise with their babies (up to 18 months). The sessions are circuit-based, led by qualified instructors, and are aimed at new parents who prefer a more challenging exercise class.

Clearance to begin exercise from your 6-8 week GP checkup is required. Please come in comfortable clothing and footwear.

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

Session cost: £2.80 (with a valid easecard). Fitness level: Advanced. This is an outdoor session which takes place along The Links, meet at Waves reception.



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Active Mams at Waves



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active@northtyneside.gov.uk

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Waves,  
The Links,  
Whitley Bay

🌐  
<https://www.activenorthtyneside.org.uk/active-mams>

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