



# Living Well North Tyneside

Supporting Health and Wellbeing



**Cost:** No Cost



**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.



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Active Mams at The Parks



0191 643 7171



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The Parks  
Howdon Road  
North Shields



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

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