



# Living Well North Tyneside

Supporting Health and Wellbeing

Tuesdays, 9:30-10:15 at Hadrian Leisure Centre  
Wednesdays, 9:30-10:15 at Lakeside Leisure Centre  
Session cost: Free

**Active Mams** – Circuit-style sessions, ideal for new mams, parents and carers to exercise with their baby.

Wednesdays, 10-11am at Waves (outdoor session, meet at Waves reception)  
Session cost: £2.80. Fitness level: Advanced

Wednesdays, 11am-12pm at West Moor Community Centre  
Session cost: Free. Fitness level: Intermediate

Thursdays, 12.30–1.30pm, The Parks Sports Centre  
Session cost: Free. Fitness level: Beginner to intermediate

**Postnatal Pilates** - Sessions to help you and your body recover from pregnancy and childbirth.

Fridays, 9:45-10:45 at The Parks Sports Centre  
Session cost: Free

**Bumps and Buggies Walk** - A session for expectant and new mams wanting to introduce physical activity and learn about a healthy lifestyle.

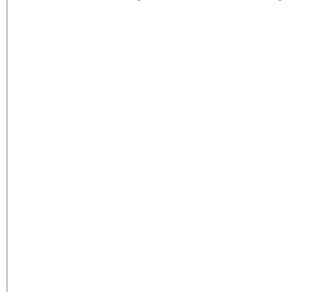
Mondays, 1:15-2:15 at Richardson Dees Park (meet at the bandstand)  
Session cost: Free

Find out more, or register, here: [Bump, Birth, Baby — Active North Tyneside](#)



[activities](#) | [active mams](#) | [activities](#) | [postnatal exercises](#) | [moms sports](#)

Active Bump, Birth, Baby



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<https://www.activenorthtyneside.org.uk/bump-birth-baby>

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