

Pre- and postnatal classes



BEAU SEJOUR
LEISURE CENTRE

Stay active during and after pregnancy with these specialised classes. All classes are free for Freedom Plus members!

Please complete an application form before attending. Pick one up from Reception, or download a copy from beausejour.gg/postnatal



Plus, stay and enjoy a FREE hot drink (medium) in the cafe after every class!

Pelvic Floor & Core

Monday | 10.30am - 11.15am | £6.50 per session

Improve your core and pelvic floor health with a low-impact class designed to improve your posture, stability and strength. Suitable for pre- and postnatal women.

Baby Bootcamp

Wednesday | 10.30am - 11.15am | £6.50 per session

A fun fitness class using varied body weight exercises, with your baby alongside you in their pram - or snug in your tummy! Safe and adaptable for all pre- and postnatal stages.

Parent & Baby

Friday | 10.45am - 11.30am | £6.50 per session

An opportunity to use our private gym facilities in the Healthy Lifestyle Centre, with your baby by your side. Qualified instructors will be on-hand for any support and guidance.

Half-hour Personal Training

Slots available 7 days a week | £17.80 per session

Our personal trainers are fully qualified in pre- and postnatal exercise to ensure you have all the expert guidance and support you need through every stage of your journey.

