



Antenatal Physical Activities – Worcestershire

Group	Day	Time	Location	Cost	Contact/Lead
Malvern					
Carrie Kidman Beeson A/N fitness classes			Malvern	£6 per session	carriebolton2005@yahoo.co.uk 07790 658 743
Flo fit	Monday	17:45pm	36 Bosbury Rd, Malvern WR14 1TR	Yoga sessions £9/session or 10 for £80	info@yourflofitness.co.uk 07875 938 725
Worcester City					
Glowing Mama – Fitness sessions	Tuesday	18:30 – 19:30pm	United Reformed Church, WR1 3DU	1 hr session £9.25/session, block of 4 £37, 8 for £74	info@glowingmamma.co.uk
Monkeys’ & Mama’s			The Fold, Bransford, Worcester WR6 5JB	7 weeks at £8 per session	events@thefold.org.uk
Yoga Bellies	Tuesdays Thursdays	18:30 – 19:45pm 18:30 – 19:45pm	Fernhill Heath Willow Barn, Worcester	£48 for a 4-week block, or trial a session for £12.	Yoga for Pregnancy Yogabellies Worcestershire Wellness 07966 555 889
Becoming Families Pregnancy Yoga	Wednesdays	19:00 – 20:30pm	The Woodpecker, Evesham Rd, WR7 4QL	Six week block of classes £72.00 for a six week block.	Pregnancy Yoga Becoming Families

Correct at time of print – please contact the provider to confirm sessions
Last updated – December 2024



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				From 38 weeks you are able to pay weekly (£12 per class)	
			Bromsgrove		
Mama Babybliss					Pregnancy massage and pregnancy yoga - MamaBabyBliss
Glowing Mama	Thursdays	18:30-19:30pm	The Barns, Tardebigge, Bromsgrove,		Antenatal Classes - Glowing Mamma
Yoga Bellies	Wednesdays	18:30 – 19:45pm	The well-being Tree	£48 for a 4-week block, or trial a session for £12.	Yoga for Pregnancy Yogabellies Worcestershire Wellness 07966 555 889
			Redditch		
One fit Mama	Thursday	19:00-20:00pm	12A Red Lion Street Alvechurch Birmingham B48 7LF		alvechurch@onefitmama.co.uk
			Wychavon		
Pershore - Bumps, Buggies and Barbells	Wednesday Am Tuesday PM	10:30-11:30am 18:45-19:45pm	Wick Park, Pershore		Bumps, Buggies & Barbells

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Droitwich - Mama BabyBliss					Pregnancy massage and pregnancy yoga - MamaBabyBliss
Evesham - Rivers Leisure Centre					
			Wyre Forest		
Yoga Bellies					YOGA FOR ALL Yogabellies Worcestershire Wellness
Lucy B Physio Pilates	Mondays	17:15-18:15pm	Studio @ The Barn - Stourport-on-Severn DY13 0AA		LucyB Physio and Pilates
	Tuesdays	17:30-18:30pm	Heightington Village Hall, Rock, Bewdley, DY12 2XS		
Glowing Mama					Antenatal Classes - Glowing Mamma

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