

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	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

Request Changes

To request changes to the timetables/ lists of activities, please email hwbadmin@worcestershire.gov.uk and include FAO: Best Start Website

Third Party Website and Services Disclaimer

The Best Start website www.worcestershire.gov.uk/beststart contains links to websites and details of services owned and operated by third parties. These links and information are provided for your information and convenience only and are not an endorsement by Worcestershire County Council of the content of any linked websites or third-party services. Read the full disclaimer [here](#)

		18:30 – 19:45pm			
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. From 38 weeks you are able to pay weekly (£12 per class)	Pregnancy Yoga Becoming Families
			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@onefitmama.co.uk

Request Changes

To request changes to the timetables/ lists of activities, please email hwbadmin@worcestershires.gov.uk and include FAO: Best Start Website

Third Party Website and Services Disclaimer

The Best Start website www.worcestershire.gov.uk/beststart contains links to websites and details of services owned and operated by third parties. These links and information are provided for your information and convenience only and are not an endorsement by Worcestershire County Council of the content of any linked websites or third-party services. Read the full disclaimer [here](#)

			Alvechurch Birmingham B48 7LF		
			Wychavon		
Pershore - Bumps, Buggies and Barbells	Wednesday Am Tuesday PM	10:30-11:30am 18:45-19:45pm	Wick Park, Pershore		Bumps, Buggies & Barbells
Droitwich - Mama Babybliss					Pregnancy massage and pregnancy yoga - MamaBabyBliss
Evesham - Rivers Leisure Centre					
			Wyre Forest		
Yoga Bellies					YOGA FOR ALL Yogabellies Worcestershire Wellness LucyB Physio and Pilates
Lucy B Physio Pilates	Mondays Tuesdays	17:15-18:15pm 17:30-18:30pm	Studio @ The Barn - Stourport- on-Severn DY13 0AA Heightington Village Hall, Rock, Bewdley, DY12 2XS		

Request Changes

To request changes to the timetables/ lists of activities, please email hwbadmin@worcestershire.gov.uk and include FAO: Best Start Website

Third Party Website and Services Disclaimer

The Best Start website www.worcestershire.gov.uk/beststart contains links to websites and details of services owned and operated by third parties. These links and information are provided for your information and convenience only and are not an endorsement by Worcestershire County Council of the content of any linked websites or third-party services. Read the full disclaimer [here](#)

Glowing Mama					Antenatal Classes - Glowing Mama

Request Changes

To request changes to the timetables/ lists of activities, please email hwbadmin@worcestershire.gov.uk and include FAO: Best Start Website

Third Party Website and Services Disclaimer

The Best Start website www.worcestershire.gov.uk/beststart contains links to websites and details of services owned and operated by third parties. These links and information are provided for your information and convenience only and are not an endorsement by Worcestershire County Council of the content of any linked websites or third-party services. Read the full disclaimer [here](#)