



Make new friends while you get fit!

# Kangatraining

Fridays 10:00-11:00am

A safe, low-impact post-natal exercise class designed for mums and bubs, incorporating babywearing while exercising and building strength.

You don't have to have a baby to attend as it is suitable for all and is designed to help strengthen a postpartum body.

Wearing the baby in a carrier just adds to the resistance and gets babies involved while being close to their caregiver.

**Location:** Dreambuilders Church, 82 Leanyer Drive, Leanyer

**Cost:** \$5 **Bookings required!**

**Contact:** Tegan - Kangatraining Northern Suburbs & Surrounds  
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Suitable for all fitness levels!

