



INSTRUCTOR

NATALIE DANIELS
QUALIFIED PRE AND POST
GROUP FITNESS INSTRUCTOR

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BENEFITS OF CLASS

- Helps reduce backaches, constipation, bloating and swelling
- Promotes muscle tone, strength and endurance
- Regular activity also helps keep you fit during pregnancy
- You feel less like a beached whale and more like a HOT MAMA

**STUDIO & REMOTE
SESSIONS AVAILABLE**

CLASSES

- Body Conditioning
- Cardio
- Weight Training
- Toning



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