

# We Move, She Moves

## Radlett Stroller Strength

This post-natal fitness class is similar to an outdoor boot camp but incorporates your buggy and your baby.

**£3** per class

Phillimore Recreation Ground,  
Radlett, WD7 8AL

**Mondays**  
**from 10am**

(Starts 10 September)

There's no need to book, just turn up.

For more information visit: [www.wemoveshemoves.me.uk](http://www.wemoveshemoves.me.uk)  
or 'Like' our Facebook page: [www.facebook.com/wemoveshemoves](http://www.facebook.com/wemoveshemoves)