



Exercise
Socialize
Have Fun

Info Pack

Getting Started

Baby Body *what?*

Hi, my name is *Airike*. I'm a mom of 2 boys.

I'll be your trainer on this exercise journey through your maternity cycle.

Baby Body Fit is a Pre- and Post Natal Fitness company founded in Dublin over a decade ago. A franchise then started in Cork. And Galway franchise was born in *April 2015*. 2017 Baby Body Fit Galway became all mine.

I started as a client in BBF in 2012 when my older boy was born. I knew nothing about good nutrition or exercise and gained 30kg with my pregnancy. Being overweight wasn't an option so I found these classes and got into movement. It saved my mental health, and it gave me my passion.

So here we are 😊
(In a nutshell)



What happens in class?

We do strength and toning exercises combined with light cardio.

And we make it FUN.

And every week is different!

AND...

We use some equipment too: dumbbells, slam balls, booty bands & resistance bands.

You are in charge of the intensity! You go at your *OWN PACE*, and you take extra breaks when needed.

Listen to your body!





What if I'm pregnant?

First of all, *congratulations* on your pregnancy!

Not much is different!

Our classes are hybrid and safe in every phase of your maternity cycle. Every movement is modifiable.

Main things are:

1. Listen to your body
2. Wear loose comfortable clothes
3. Stay hydrated
4. Take breaks when needed.

Just focus on you not other moms in class.



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Crying babies, curious toddlers...

Don't be worried about your baby crying. That's what they do, and it's totally fine!

All babies, wobblers and toddlers are welcome. And on school holidays you can bring your older ones, too. Just make sure you have some *toys, books and snacks* with you to keep them occupied!

The more the merrier ☺

We don't use babies as equipment but when they need a *cuddle*, we include them into our doings.

You are free to feed your baby during a class or walk them to sleep or do whatever needs to be done.

We are all moms, and *no one judges!*



When to join!?

You can join us **6 weeks** after normal delivery, and **10 weeks** after the C-section!

If you're pregnant, you have to be at least **12 weeks** of gestation.

That said, most importantly your **body, mind and soul** all have to be ready for this. Otherwise, you won't enjoy it.

You should have a **green light** from your GP/physio/public health nurse to take on exercise.

Our classes are hybrid, so it'll all be suitable from early pregnancy to postpartum.

We never do any mainstream ab exercises or high impact jumping (unless you're advanced and have built up for it).

Expect an energetic and out there vibe ☺

How does it work?

It works as a 10-class block, costing €190, and used up in 6 weeks.

That means you can miss out on 2 classes,
Because life happens in mom world 😊

Places are limited, so there's a €50 deposit to secure your spot!

Once a week class is subject to availability. It works as a half block for half price, €95.

NB! Deposits are non-refundable!

FREE coffee included
in your course price to get
the chats going with other moms



! If you have health insurance you might be able to claim back for our classes, check your plan !





Where?

Mountbellew Community Centre
(H53 R8E8)

Tuesdays & Thursdays
10 - 11 am

13 January – 19 February
24 February – 2 April

Oranmore Community Centre
(H91 AV2D)

Mondays & Wednesdays
10 - 11 am

12 January – 18 February
23 February – 1 April



Get in touch

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