

mumsSOCIAL

BRINGING MUMS TOGETHER!

FREE

BABIES & CHILDREN WELCOME



For mums who are feeling isolated, lonely and would like to meet other local mums to find support and form friendships



- MEET OTHER MUMS
- FORM FRIENDSHIPS
- FIND SUPPORT, ADVICE & REASSURANCE
- HAVE FUN AND BUILD CONFIDENCE
- POSITIVELY LED SESSIONS TO BOOST YOUR WELLBEING
- DISCOUNTED OR FREE HOT DRINKS AVAILABLE

MEET UPS AVAILABLE IN LIVERPOOL, KNOWSLEY, ST HELENS & HALTON

 @MumsSocial  @MumsSocial_UK

mamafit[®]

FREE CLASSES AVAILABLE

PREGNANCY AND MUMS HEALTH, FITNESS & WELLBEING



GET FIT FOR BIRTH

FEEL STRONG FOR MOTHERHOOD



LOSE WEIGHT AND FEEL HEALTHY

IMPROVE MENTAL HEALTH

Voted Best Bring-Along-Baby
activity by local families in the
2019 HOOP awards

HOOP
AWARDS
WINNER

Fun and friendly classes, perfect for getting fit while making new friends!

- PREGNANCY FITNESS
- MUM & BABY FITNESS
- PILATES
- HIIT
- BUGGY RUNNING
- CIRCUITS
- KETTLEBELLS



CLASSES ACROSS MERSEYSIDE



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