




ACTIVE MUMS PROGRAM	PACKAGE CONTENTS	PRICING
<p><b>‘MUMS IN MOTION’</b> 8 Week Postpartum Program</p> <ul style="list-style-type: none"> <li>• Perfect for Mums getting back safely into exercise</li> <li>• Regain your core strength, hip stability and control of your pelvic floor muscles.</li> <li>• Connect with and build relationships with other Mums and their babies in a fun, supportive environment.</li> </ul>	<p>INCLUDES:</p> <ul style="list-style-type: none"> <li>• 1 x 1hr face to face session (Babies welcome)</li> <li>• 1 x online session</li> <li>• Access to Private Facebook Group</li> <li>• 1 Workbook</li> <li>• 1 Baby blanket</li> <li>• 1 Lavender Pillow</li> </ul>	<p><b>Membership options:</b></p> <p><b>Group session:</b> <b>Minimum of 4 required</b></p> <p>Pay weekly \$30</p> <p>OR</p> <p>Upfront \$220</p> 
<p><b>TRAIN ONLINE ONLY</b></p> <p>I know your time is precious so here is an option that allows you to workout in the comfort of your own home at a time that suits your schedule.</p> 	<ul style="list-style-type: none"> <li>• Access to video library through my website</li> <li>• 1 workbook</li> <li>• Access to private facebook group- which will include weekly motivations, fun challenges &amp; encouragement</li> </ul>	<p>8 week program access Pay weekly \$20</p> <p><b>Optional extras</b></p> <ul style="list-style-type: none"> <li>• <b>Workbook \$6</b></li> <li>• <b>Baby Blanket \$5</b></li> <li>• <b>Lavender Pillow \$4</b></li> </ul>
<p><b>‘MUMS IN ACTION’</b></p> <p>Challenge yourself with more cardiovascular exercise</p> <ul style="list-style-type: none"> <li>• Workout by using various methods of training e.g.. circuit training</li> <li>• Participate in outdoor exercise activities and take your baby with you</li> <li>• Continue to shape, sculpt and create a healthy body</li> <li>• Continue to build relationships with the other mums and their babies in a fun, supportive environment.</li> </ul>	<ul style="list-style-type: none"> <li>• This program follows the ‘MUMS IN MOTION’ program and is a more intensive circuit style training program.</li> <li>• Bring your babies with you!</li> </ul> 	<p>Pay weekly \$25 (minimum of 4 required) OR</p> <p>Concession card: Buy 10 get 1 free \$200</p> <p><b>NOTE:</b> <b>(minimum of 4 required &amp; Maximum of 6)</b></p>