

## **BUGGYFIT FAQ**



### **When and where are sessions?**

- Mondays, 10:30am, Endcliffe Park
- Tuesdays, 9:45am, Endcliffe Park
- Fridays, 10:30am, Endcliffe Park

### **What are the sessions like?**

Classes are an hour long, and always start with a 5-10min walk, partly to warm up, partly to settle the babies and partly to find a quieter area of the park. We'll then run through a fitness session which is different every time though will be some combination of cardio, core, legs and arms. We aim to work hard and release those all-important endorphins but just as important is rebuilding your core and pelvic stability after pregnancy and childbirth. We use bodyweight exercises and resistance bands rather than weights, and this makes up most of the session. We finish with a walk and a stretch.

### **What kind of buggy do I need?**

We don't actually use the buggies for the exercise (except for one specific walking exercise) and we *never* run with them. Any and all types of buggy are appropriate.

### **When can I join?**

You're welcome to book on once you've had your 6-8 week postnatal GP check and been signed off to begin exercising again (let me know if your practice isn't offering these checks right now) - this is the same whether you've had a vaginal or C-section birth, though if CS then we may take it slightly easier at the start... There's no upper age limit for the babies/toddlers/preschoolers so you can bring bigger ones along!

### **Are the sessions safe for my postnatal body?**

Throughout the sessions, regardless of the age of your baby, all exercises are safe for the postnatal body - i.e. I factor in pelvic floor weakness, Relaxin levels and breastfeeding, PGP, diastasis etc. and if any of these are relevant to you then all exercises are adapted/adaptable and SAFE!

During and after sessions, we'll have plenty of opportunity to chat about your specific circumstances also – we'll check your diastasis, talk about when to return to impact exercise, talk about the precautions we need post-C-section etc. You'll be able to ask all the questions you have!

### **How fit do need to be?**

All fitness levels are catered for. We have people who are newly postnatal and didn't exercise much before who are at a very early stage in their fitness journey, right through to some extremely fit mums whose babies are older and who have always been very active. Sessions are planned so that everyone can work at their own speed, own strength and own level. The intensity is kind of up to you and how you feel!

### **What if my baby needs something?**

The classes are very sociable and welcoming, and because they're postnatal it's easy to tend to your babies if you need to... if they need a feed, feed them. If they need a change, change them etc. Most importantly, if they cry and need a cuddle then cuddle!

**How much do sessions cost?**

Sessions cost between £3 (buy a month-unlimited pass and come all the time!) and £7 (PAYG) depending on how many you commit to at a time.

**What happens in bad weather:**

Lots of people want to know what happens in bad weather... Most of the time we just get wet! If I feel that the weather is dangerous then I'll cancel - so this is black ice, heavy snow fall, gale force winds or flooding etc. plus any amber or red weather warnings. I will always reserve the right to cancel a session even at the very last moment because safety has to come first... Sessions will however go ahead if the weather isn't dangerous but might be wet, windy, cold etc.

**How do I book?**

I use an online booking system called GymCatch which is incredibly straightforward.

1. Sign up for an account - <https://app.gymcatch.com/provider/3797/events> - and follow Buggyfit, otherwise you may not be able to see all the listed sessions.
2. If you wish, you can load your account with session credits (in blocks of 5) but you don't have to.
3. Find the session you'd like to book on to, and then either PAYG using your card details, or use your preloaded sessions credits to book on to session.
4. Bear in mind that there's a 24h cancellation policy on the sessions. GymCatch allows you to cancel sessions you're booked on to, and if you do this with 24h+ notice then you'll receive a session credit so you can book again without paying. Cancel within 24h and you'll forfeit your session fee. If I cancel a session for whatever reason, you'll be notified via GymCatch and refunded.