

Buggyworks Dorchester

Whether you have just had a baby or have a toddler and just need to get outside a bit more, Buggyworks is an ideal way to improve your fitness and your wellbeing. Buggyworks is a one-hour session that is safe and is an effective way to get back into shape after childbirth and beyond, including cardiovascular and strength training components using bodyweight, exercise bands or outside equipment.

Contact

Telephone 07990 501207
Website <http://www.facebook.com/kimjoneswellbeing/>

Venue

Venue address Dorchester
Locality West Dorset

Other information

Availability Weekday
Daytime

Additional Information Once you've had your GP check (6-12 weeks) and filled out my health questionnaire you're set to go. See website or get in touch for information on sessions dates, times and cost information.

Related Links [Kim Jones Wellbeing website](#)

Age Range 0 years 0 months to 3 years 0 months

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.