

We are delighted to host classes taught by Yolande Swift (yoga), Claire Sanderson (Pilates), Holly Pearce (post-natal fitness) and Iwona Mattock (pregnancy and birth preparation).

To find out more about their classes please contact the teachers directly:

Yolande Swift: web site <http://www.yogaindronfield.co.uk>  
email: [yolande.swift@hotmail.co.uk](mailto:yolande.swift@hotmail.co.uk)  
phone: 0114 2899200  
mobile: 07793 607197

Claire Sanderson: mobile: 07966 401358

Holly Pearce: Happy Fitness  
email: [hollypearce1989@hotmail.co.uk](mailto:hollypearce1989@hotmail.co.uk)  
mobile: 07795 822909  
Facebook: <https://www.facebook.com/HappyFitnesswithHolly>

Iwona Mattock: The Daisy Birthing Foundation  
website: <https://thedaisyfoundation.com/iwona-mattock>  
email: [iwona-mattock@thedaisyfoundation.com](mailto:iwona-mattock@thedaisyfoundation.com)  
Facebook: <https://www.facebook.com/daisyfoundationsouthsheffield>