



Friendly,  
Fun &  
Fitness

Tokyo  
Fit  
Mums



Roppongi Midtown  
Tuesday  
09.00-10.00

Hiroo  
Thursday  
09.00-10.00

All with  
your baby!

## Thank you! Launch Week

This week we started our first TFM sessions.

Support has been good, but we still have space, don't forget your first lesson is free - nothing to lose, but that excess baby weight !

Some people have asked if they can attend without their child. Whilst the purpose of TFM was to allow you to incorporate exercise without need for childcare, it's of course fine to attend without. Just watch-out as Luisa will be giving harder

exercises to those without the weight of a stroller !

We are always open to starting new sessions. We need a minimum of 5 to set-up, so please approach us with any suggestions.

Our website was officially launched this week, please check-us out on [www.tokyofitmums.com](http://www.tokyofitmums.com)

We are also on Facebook - so far we have 37 members, looking forward to seeing you at our active sessions.

Rainy season is now upon us. TFM sessions continue rain or shine, so please make sure that you have the rain cover for your stroller.

We shall offer a **Rainy Season Special** - if it's raining\* on the day you attend, then you shall receive the next class at half price.

We are also searching for some indoor venues - more to come.

\* raining consistently for 30 mins or more of class