Jemma Winborn
Pilates

Jemma Winborn
15 years teaching experience

Email: jemmawinborn@gmail.com

https://www.instagram.com/jemma_winborn_pilates

https://www.facebook.com/Jemma-Winborn



DISCLAIMER

This video should not be taken as medical advice. This video offers pregnancy, post-natal health, fitness and lifestyle information for education only. You should not rely on this information as a substitute for or replacement of professional medical advice, diagnosis and treatment.

Visitors who rely on the information contained within it do so entirely at their own risk. Jemma Winborn Pilates / Mother Fit or anyone associated with Jemma Winborn Pilates / Mother Fit will not be responsible or liable for any risk, injury or harm you sustain as a result of the information provided by this video, our website, YouTube videos, Facebook or Instagram pages.