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HP3 8EN

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Fun, Active and Engaging sessions for Junior Girls

First session Free!

Dear Parent/Guardian,

Healthy U Ladies Gym in Hemel Hempstead runs **Junior Gym sessions for girls aged 7–11**, helping them get active, build confidence and learn how to exercise safely in a friendly, female-only environment with **female-led staff**.

Regular Junior Gym sessions

Mondays & Tuesdays, **4pm–5pm**

Regular session prices are:

£9 per session

£22 monthly membership

First regular session FREE

Sessions continue during the school holidays on a **different holiday timetable**.

We also run special themed holiday sessions, including:

Halloween Special – Monday 26th October, 12:30pm–2:30pm

Christmas Special – Tuesday 22nd December

These special themed sessions are **included at no extra cost for Junior Gym monthly members**. Non-members are also very welcome to attend and can book by paying the advertised session price.

All sessions include fun fitness activities, games and age-appropriate gym exercises, led by **qualified, DBS-checked female staff**.

We hope to see you soon!

If you have any queries, feel free to contact us by email or phone.

