

Sign up for our FREE and fun healthy lifestyle programmes in-person or online. Our programmes start on:

Date: W/c 15th January 2024 for 12 weeks

Time: Thursdays from 17:30 til 19:30

Venue: Hobletts Manor Junior School, Hemel Hempstead, HP2 5JT



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OR you can join our 12-week online programmes!

Eligibility criteria applies, check the website for details.

For alternative formats, email marketing@maximusuk.co.uk quoting X22-2012

