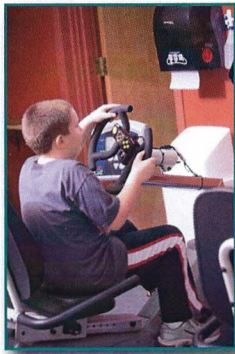


IT ALL  
STARTS HERE!

## HHF Kids Gym

603-382-9291

Hampstead Health and Fitness is home to a *one-of-a-kind* youth fitness facility, **HHF Kids Gym**, to service the youth who have been, for the most part, left behind by the fitness industry. **HHF Kids Gym** is a fully-supervised Fitness Training/Teaching Facility run by Physical Education Teachers, Trainers and qualified student athletes.



Through early membership in an interactive gym that blends *video-game bikes*, *XBox* and *Nintendo Wii* exercises with *personalized free-weight*, *TRX*, *cardiovascular*, and *core training*, HHF will help combat many of the health issues facing our children today and by building a strong foundation for a life-long journey to optimal health and fitness.



[hampsteadhealth.com](http://hampsteadhealth.com)