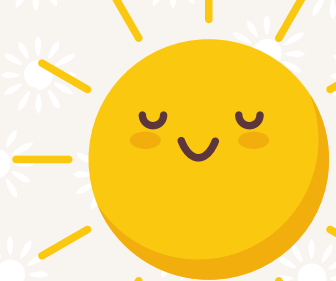


# SCHOOL'S OUT FOR SUMMER....

# IT'S TIME TO GET BUSY WITH BEEZEE!



Each week over the school holidays, the BeeZee Bodies team are bringing you a different activity to get stuck in to!

We'll have cook-a-longs, dance routines, exercise videos and games to keep you busy all summer!









We will be posting activities every Monday on our Facebook page, or you can sign up to our mailing list to get them sent straight to your email inbox.



[SIGN UP FOR EMAILS](#)

[FOLLOW ON FACEBOOK](#)

## IN OTHER VERY EXCITING NEWS... 'REAL LIFE' GROUPS RETURN TO HERTFORDSHIRE IN SEPTEMBER!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <b>WELWYN GARDEN CITY</b> Ridegeway Academy  17:00 - 19:00 Age 5 - 15	 <b>HEMEL HEMPSTEAD</b> The Hemel Hempstead School  17:00 - 19:00 Age 5 - 15		 <b>STEVENAGE</b> Barnwell Middle School  17:30 - 19:30 Age 5 - 15
 <b>BOREHAMWOOD</b> Allum Hall  17:00 - 19:00 Age 5 - 15	 <b>SOUTH OXHEY</b> Oxhey Wood Primary School  17:30 - 19:30 Age 5 - 15		
 <b>ONLINE</b>  16:45 - 18:00 Age 5 - 8	 <b>ONLINE</b>  18:00 - 19:15 Age 9 - 12	 <b>ONLINE</b>  17:45 - 19:00 Age 9 - 12	

We can't wait to get back out into the community to help families like yours make healthy habits!

Our new family weight management groups start in September and we will put measures in place to ensure your comfort & safety.

We will also still be running the option of online webinars too!

[CLICK HERE TO SIGN UP FOR YOUR FAMILY'S FREE PLACE!](#)