

# The Inauguration of GCC's First My Gym Children's Fitness Center

**The award winning global concept exclusively dedicated to children's' fitness and development, My Gym, was recently inaugurated on 12th April, 2007 under the patronage of the Minister of Health, Dr. Nada Al Hafadh.**

The first franchise to be set up in the GCC, My Gym Children's Fitness Center in Bahrain combines innovative, early physical education/pre-gymnastics classes with state-of-the-art facilities to empower children between 3months to 13 years of age by helping them acquire the necessary skills, confidence and positive self-image needed to become healthy young adults.

'Our main aim is to make parents aware that physical and emotional growth are huge components to a child's healthy development. Through My Gym, we aim to create a facility, program and service that will empower youngsters by helping them acquire the skills, confidence and positive self-image needed to become healthy young adults,' said Owner, Mrs. Farah Faraj.

Dedicated to improving and enhancing a child's mental and physical progress, My Gym will encourage Children's interaction and activity in various fields including sports, dance, early childhood physical development and gymnastics. My Gym's award winning, structured, noncompetitive and age-appropriate classes will enhance and improve children's overall physical development through a range of games, music, exercise and sports programmes, gymnastics, puppets shows, special rides and loads of fun!



Minister of Health, Dr. Nada Al Hafadh with Mr. and Mrs. Faraj

'We will be providing the same unique programs and facilities available at all My Gym's worldwide, which will include age appropriate classes, Fantastic Birthday parties along with Summer & Winter Camps and other fun filled activities,' further added Mrs. Faraj.

My Gym's wide variety of physical early learning/pre-gymnastics classes offers children an outlet for fun and fitness in a controlled and safe environment with state-of-the-art facilities and highly-qualified professionals. Soft padded mats fitted in the gym ensures children's safety under tumbling and gymnastic equipment such as parallel bars, balance beam, high bar, trampolines, vaulting horse and springboard.

'We would like to take this opportunity to thank HE Dr. Nada Hafadh (Minister of Health) and her team for supporting causes that help improve the lives of children in the Kingdom,' added Mrs. Farah Faraj

Clean, bright, colorful and inviting, My Gym is also equipped with a parent-friendly lobby where mothers and fathers can observe their children. Children at My Gym gain self-esteem and confidence as they develop physically, emotionally and cognitively in My Gym's award winning class programs.

Named one of Entrepreneur Magazine's fastest growing franchises in 2003, My Gym has acclaimed several top ranks including No.1 for Children's Fitness Program as well as top positions in Franchise 500 and America's Top Global Franchise.

With close to 30 years of operating experience, an exceptional physical development program, and dedicated colleagues who share a common vision, My Gym has created an operation that has achieved complete success world-wide. My Gym currently has close to 180 gyms all around the world.