



Women-Only Programme - Frequently Asked Questions

Q1. What is women-only and gym fitness classes about?

Our women-only gym sessions and fitness classes provide a safe, welcoming, and empowering environment for women to engage in physical activity.

For many women, mixed gym spaces can sometimes feel intimidating or uncomfortable, especially for those new to exercise, experiencing health challenges or managing cultural or religious expectations around participation.

Q2. Why is there an offer exclusively for women?

Women-only programmes help address common barriers such as:

- Confidence and body image concerns – Women often report feeling self-conscious in mixed spaces, which can prevent them from starting or maintaining an exercise routine.
- Safety and comfort – women-only sessions create a supportive environment, allowing participants to focus on their wellbeing without feeling watched or judged.
- Cultural and religious needs – For some women, cultural or faith practices mean that women-only provision is essential for them to take part in physical activity.
- Peer support – Being part of a women-only group nurtures connection, encouragement, and a sense of solidarity, which can be especially empowering when tackling health or lifestyle challenges.

By breaking down these barriers, our women-only sessions enable more women to reap the physical, mental, and social benefits that structured exercise programmes can offer.

Q3. Who can join the women-only gym?

Our new Women-Only Programme welcomes women aged 18 and over, with a capacity of 30 members. Please note that fitness classes will have a maximum of 16 spots available.

When we launch, priority will be given to existing female members of FireFit Hub engaging in our women-only classes and gym sessions.

Places will be filled on a first-come, first-served basis.

Women Only Sessions will start on Monday, 13 October 2025, and we would welcome expressions of interest for referrals and bookings from 1 October.

Q.4 What does the Women-Only Programme look like?

The programme will offer four sessions a week as follows:

Monday	Tuesday	Wednesday	Thursday
Fitness Class	Supported Gym Session	Supported Gym Session	Fitness Class and Social
6pm to 7pm	9.30am to 11.30am	9.30am to 11.30am	12pm to 2pm

Q5. How do I become a Women-Only member?

You can express your interest in joining from 1 October 2025. The new programme will start from 13 October 2025.

Q6. What happens as part of the joining process?

All members will be required to complete an induction, which will include standard equipment induction and health assessment.

Q7. How much will it cost me to join the Women's Only Programme?

It will cost £15 per month. It will be a roll-on and roll-off membership, but we won't hold places for people.

Q8. Are there any discounts for blue light or concessions?

No, the cost of the sessions is highly subsidised by Torus Foundation and costs the customer around 54p per session.

Q9. Will I need to book a class?

Yes, you will need to book a class before you attend.

Q10. What happens if I wish to leave the Women-Only Programme and cancel my membership?

You can withdraw at any time and notify us in writing. We do not provide refunds for withdrawing from the programme.

Q11. Who do I contact if I have any queries?

Please direct any queries to enquiries@firefithub.org.uk