

Session	Day	Time	Type	No. Weeks	Cost	Venue
Mixed Badminton, beginners (16+)	Mon	6-7pm	Turn up & play	n/a	£2/session	Hudson Leisure Centre, Wisbech
Walking Football	Fri	7-8pm	Turn up & play	n/a	£2/session	Hudson Leisure Centre, Wisbech
Walking Hockey	Mon	9.30-10.30am	Turn up & play	n/a	Free	Wisbech Hockey Club
Walking Hockey	Wed	6.30-7.30pm	Turn up & play	n/a	Free	Wisbech Hockey Club

## Forever Fit Sessions

Forever Fit	Tue	11.30-12.30pm	Book at Leisure Centre	n/a	£2/session	Hudson Leisure Centre, Wisbech
Forever Fit	Tue	12.30-1.30pm	10 Sept - 17 Dec Booking required	15	£2/session	St Andrews Parish Hall, Whittlesey

## Yoga Sessions

General Yoga	Tue	1.15-2.15pm	1 Oct - 10 Dec	11	Full block £27.50	Oasis Centre, Wisbech
Gentle Yoga	Tue	2.15-3.15pm	1 Oct - 10 Dec	11	Full block £27.50	Oasis Centre, Wisbech
Beginners Yoga	Wed	5-6pm	2 Oct - 18 Dec	12	Full block £30 Half block £15	Wimblington Parish Hall
Intermediate Yoga	Wed	6-7pm	2 Oct - 18 Dec	12	Full block £30 Half block £15	Wimblington Parish Hall

## Strength & Balance / Older Adult Sessions

Strength & Balance	Tue	12.15-1.15pm	1 Oct - 10 Dec	11	Full block £27.50	Oasis Centre, Wisbech
Strength & Balance	Wed	11.15-12.15pm	2 Oct - 18 Dec Call to book	12	Full block £30 Half block £15	Doddington Court
Strength & Balance	Fri	11.30 -12.30pm	Book at Leisure Centre	n/a	£2.50 per session	Manor Leisure Centre, Whittlesey
Strength & Balance	Fri	11.30-12.30pm	Book at Leisure Centre	n/a	£2.50 per session	Chatteris Leisure Centre

## Pre-Fit Sessions

Pre-Fit	Wed	2-3.30pm	Book at Leisure Centre	n/a	£3/session	Hudson Leisure Centre, Wisbech
Pre-Fit	Wed	2-3.30pm	Book at Leisure Centre	n/a	£3/session	George Campbell Leisure Centre, March
Pre-Fit	Wed	11.30-1pm	Book at Leisure Centre	n/a	£3/session	Chatteris Leisure Centre
Pre-Fit	Wed	12.30-2pm	2 Oct - 18 Dec Call to book	12	Full block £36 Half block £18	Doddington Court
Pre-Fit	Tue	10:00 -11:30	Book at Leisure Centre	n/a	£3/session	Manor Leisure Centre, Whittlesey

## Wellbeing Sessions

Wellbeing Dance & Stretch	Tues	7-8pm	24 Sept - 17 Dec No session 29 Oct	12	Full block £30 Session £2.50	Neale Wade Sports Centre, March
Wellbeing Kickboxing Fitness	Sat	9.30-10.30am	12 Oct - 21 Dec No session 23 Nov	10	Full block £30 Session £2.50	RKA Kickboxing Academy, March

## Love to Move

March Community Class	Tue	11-12.30	Weekly until 17 Dec	n/a	Session £3 from Nov (carers free)	Braza Club, March
Chatteris Community Class	Thur	11-12.30	Weekly until 19 Dec	n/a	Session £3 from Nov (carers free)	King Edward Centre, Chatteris

## Running Sessions - Help to Get Active

Couch to 5k	Wed	6.15-7.15pm	2 Oct - 4 Dec	10	Free	Bandstand, Market Hill, Chatteris
Couch to 5k	Wed	6.30-7.30pm	25 Sept - 27 Nov	10	Free	Elm Road Sports Field, March
Couch to 5k	Tue	9.30-10.30am	10 Sept - 26 Nov	12	Free	Wisbech Park

## Level 4 Cardiac Rehab Classes - Medical Referral Only

March	Mon	1.45-3.30pm	Book at Leisure Centre	n/a	£3/session	George Campbell Leisure Centre, March
Whittlesey	Thur	1.15-3pm	Book at Leisure Centre	n/a	£3/session	Manor Leisure Centre, Whittlesey



# Wellbeing Walks

Name	Day	Time	Start/End Point	Duration	Info
Wisbech Mindful Walk	Fri	10am-11am	Wisbech Park Bandstand	1 hr	<p>All Ramblers Wellbeing Walks are FREE.</p> <p>If you are interested in being a volunteer walk leader please get in touch.</p>
March Riverside Walk	Tue	1.30-2.30pm	March Library	1 hr	
Whittlesey Wellbeing Walk (Every 2nd & 4th Monday of the month)	Mon	10am-11am	Whittlesey Buttercross	1 hr	
Chatteris Wellbeing Walk	Tue	1.45-2.30pm	Chatteris Library	45 mins	
Wisbech Wellbeing Walk (every 1st & 3rd Tuesday of the month)	Tues	10.30am-11.30am	Starting in November	1 hr	
Chatteris Pocket Park Walk (1st Sunday of the month, starting in Nov)	Sun	10am-11am	By the Sportsman field, Fairway, Chatteris	1hr	



## Tea Dances



Date	Location	Info
4th Oct	King Edward Centre, Chatteris	<p>£3 per person / per event</p> <p>Social and fun dance events for all abilities including complete beginners and returners to dance.</p> <p>All Tea Dance events are 2-4pm, with a tutorial 1.30-2pm prior to learn some basic steps.</p> <p>All events include hot drinks and snack refreshments, please let us know if you have any dietary requirements. Booking required.</p>
22nd Nov	Queen Mary Centre, Wisbech	
31st Jan	The Eastrea Centre	
28th Feb	Braza Club, March	

## Free Resources

Resource	Cost	Description	Where to find
Active @ Home booklets	Free	Older adults exercises to increase strength, balance & flexibility at home.	Postal - get in touch and let us know your address
Family Treasure Hunt Sheets	Free	Active learning treasure hunts for a family to complete in the park	Download online (or get in touch for postal)
Active Fenland YouTube	Free	Various activities including yoga sessions	Visit the Active Fenland YouTube channel



- Booking required for majority of sessions. To book a place please visit [www.fenland.gov.uk/activefenlandbooking](http://www.fenland.gov.uk/activefenlandbooking) selecting the session or event you wish to book. Payments for sessions can be made online via the booking system or over the phone by calling a member of our team (details below).
- Please note some blocks can be joined mid-block. All payments are required at the time of booking, prior to attending.
- More information about the sessions and events can be found on the Active Fenland webpage at [www.fenland.gov.uk/ActiveFenland](http://www.fenland.gov.uk/ActiveFenland), by sending an email to [activefenlandbookings@fenland.gov.uk](mailto:activefenlandbookings@fenland.gov.uk) or by calling a member of our team on **07521 393 773, 07874 893 316** or **07592 774 656**



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