






















Session	Day	Time	Dates	No. Weeks	Cost	Venue	Book
Mixed Badminton, beginners (16+)	Mon	6-7pm	Ongoing	n/a	£2/session	Hudson Leisure Centre, Wisbech	
Walking Football	Fri	7-8pm	Ongoing	n/a	£2/session	Hudson Leisure Centre, Wisbech	
Forever Fit Sessions							
Forever Fit	Tue	11.30-12.30pm	Ongoing	n/a	£2/session	Hudson Leisure Centre, Wisbech	
Forever Fit	Tue	12.30-1.30pm	Ongoing	n/a	£2/session	St Andrews Parish Hall, Whittlesey	
Yoga Sessions							
General Yoga	Tue	1.15-2.15pm	8 Apr - 17 Jun No session 22/4, 29/4 & 13/5	8	Early bird £20	Oasis Centre, Wisbech	
Gentle Yoga	Tue	2.15-3.15pm	8 Apr - 17 Jun No session 22/4, 29/4 & 13/5	8	Early bird £20	Oasis Centre, Wisbech	
Beginners Yoga	Wed	5-6pm	9 Apr - 11 Jun No session 16/4 & 23/4	8	Early bird £20	Wimblington Parish Hall	
Intermediate Yoga	Wed	6-7pm	9 Apr - 11 Jun No session 16/4 & 23/4	8	Early bird £20	Wimblington Parish Hall	
Strength & Balance / Older Adult Sessions							
Strength & Balance	Tue	12.15-1.15pm	8 Apr - 17 Jun No session 22/4, 29/4 & 13/5	8	Early bird £20	Oasis Centre, Wisbech	
Strength & Balance	Wed	11.15-12.15pm	9 Apr - 11 Jun No session 16/4 & 23/4	8	Early bird £20 £3 p/session	Doddington Court	
Strength & Balance	Fri	11:30 -12:30pm	Ongoing	n/a	£2.50/session	Manor Leisure Centre, Whittlesey	
Pre-Fit Sessions							
Pre-Fit	Wed	2-3.30pm	Ongoing	n/a	£3/session	Hudson Leisure Centre, Wisbech	
Pre-Fit	Wed	1-2.30pm	Ongoing	n/a	£3/session	George Campbell Leisure Centre, March	
Pre-Fit	Wed	12.30-2pm	9 Apr - 11 Jun No session 16/4 & 23/4	8	Early bird £24 £3.50 p/session	Doddington Court	
Pre-Fit	Tue	10:00-11:30	Ongoing	n/a	£3/session	Manor Leisure Centre, Whittlesey	
Love to Move (Carers required to stay if needed)							
March Community Class	Tue	11-12.30	Weekly from 8 Apr	n/a	Free	Braza Club, March March Bowls Club from 29 April	
Doddington Community Class	Thur	11-12.30	10 Apr - 12 Jun No session 17/4, 24/4 & 1/5	7	Free	Doddington Court	
Chatteris Community Class	Thur	12.15-13.15pm	Weekly from 3 Apr	n/a	Free	Bricstan Hall, Chatteris	
Running Sessions - Help to Get Active							
Couch to 5k	Wed	6.30-7.30pm	14 May - 16 Jul	10	Free	Elm Road Sports Field, March	
Couch to 5k	Tue	9.30-10.30am	22 Apr - 8 Jul	12	Free	Wisbech Park	
Family Running Sessions - Help to Get Active for the Parkrun							
Family Evening Running (8+)	Wed	6-7pm	22 Apr - 10 Jun	8	Free	Wisbech Park	
Level 4 Cardiac Rehab Classes - Medical Referral Only							
March	Mon	1.45-3.30pm	Referral only	n/a	£3/session	George Campbell Leisure Centre, March	
Whittlesey	Thur	1.15-3pm	Referral only	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	All Ramblers Wellbeing Walks are FREE.  If you are interested in being a volunteer walk leader please get in touch.
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	Chapel Road Car Park	1 hr	
Chatteris Pocket Park Walk (1st Sunday of the month)	Sun	10am-11am	Bandstand, Park Street	1hr	
Whittlesey Gentle Stroll (every 2nd & 4th Monday of the month)	Mon	10.15am-11am Starts 28 Apr	Whittlesey Buttercross	45 mins	
New Parents Wellbeing Walk (Every 1st & 3rd Thursday of the month)	Thurs	10am-11am Starts 1 May	George Campbell, March	1hr	



## Tea Dances



Date	Location	Info
20 Jun	King Edward Centre, Chatteris	£4 per person / per event. Social and fun dance events for all abilities including complete beginners and returners to dance.  All Tea Dance events are 2-4pm, with a tutorial 1.30-2pm prior to learn some basic steps. All events include hot drinks and snack refreshments, please let us know if you have any dietary requirements.
25 Jul	Gorefield Community Hall	
8 Aug	Manor Leisure Centre, Whittlesey	
5 Sep	Braza Club, March	
		 Booking via Booking Live

## 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 Information:



**Turn Up & Play sessions:** No need to book a place, simply turn up & pay at the venue on the day. Subject to max participant numbers.



**Book via Booking Live:** To book a place online please visit [activefenland.bookinglive.com](https://activefenland.bookinglive.com) or scan the QR code to the right, and select the session or event you wish to book. Payment will be required at the time of booking. To book a place by phone call a member of our team (details below), you will be added to the Booking Live system and emailed a payment link to complete payment. Only some sessions accept cash payments, these are to be booked via the phone, your booking will be added to Booking Live and a cash payment set up. No cash payments can be taken on the day without prior booking.



**Book via Leisure Centre:** Book your place direct with the leisure centre either in person or by phone. Find the centre details on the Freedom Leisure website: [www.freedom-leisure.co.uk](https://www.freedom-leisure.co.uk)

### • Early Bird Offer:

Get an early bird discount price when you book the whole block of sessions online prior to the session start date. This is only available online up until the start time of the first session. If you do not wish to book online, or the whole block or, are joining part way through a block then individual session bookings will open on **Friday 4th April** (if there is still capacity in the session).

• Payments are required prior to any session.

• More information about the sessions and events can be found on the Active Fenland webpage at [www.fenland.gov.uk/ActiveFenland](https://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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