


























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	
Walking Hockey	Wed	6.30-7.30pm	Ongoing	n/a	Free	Wisbech Hockey Club	
<b>Forever Fit Sessions</b>							
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	
<b>Yoga Sessions</b>							
General Yoga	Tue	1.15-2.15pm	7 Jan - 25 Mar	12	Early bird £30 Block £36 - £3p/s	Oasis Centre, Wisbech	
Gentle Yoga	Tue	2.15-3.15pm	7 Jan - 25 Mar	12	Early bird £30 Block £36 - £3p/s	Oasis Centre, Wisbech	
Beginners Yoga	Wed	5-6pm	8 Jan - 26 Mar	12	Early bird £30 Block £36 - £3p/s	Wimblington Parish Hall	
Intermediate Yoga	Wed	6-7pm	8 Jan - 26 Mar	12	Early bird £30 Block £36 - £3p/s	Wimblington Parish Hall	
<b>Strength &amp; Balance / Older Adult Sessions</b>							
Strength & Balance	Tue	12.15-1.15pm	7 Jan - 25 Mar	12	Early bird £30 Block £36 - £3p/s	Oasis Centre, Wisbech	
Strength & Balance	Wed	11.15-12.15pm	8 Jan - 26 Mar	12	Early bird £30 Block £36 - £3p/s	Doddington Court	
Strength & Balance	Thur	12.45-13.45pm	9 Jan - 27 Mar	12	Early bird £30 Block £36 - £3p/s	Doddington Court	
Strength & Balance	Fri	11:30 -12:30pm	Ongoing	n/a	£2.50/session	Manor Leisure Centre, Whittlesey	
<b>Pre-Fit Sessions</b>							
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	8 Jan - 26 Mar	12	Early bird £36 Block £42 - £3.50p/s	Doddington Court	
Pre-Fit	Tue	10:00 -11:30	Ongoing	n/a	£3/session	Manor Leisure Centre, Whittlesey	
<b>Wellbeing Sessions</b>							
Wellbeing Dance & Stretch	Tues	7-8pm	7 Jan - 11 Mar	10	Early bird £25 Block £30 - £3p/s	Neale Wade Sports Centre, March	
Wellbeing Kickboxing Fitness	Sat	9.30-10.30am	11 Jan - 15 Mar No session 8 Feb	9	Early bird £22.50 Block £27 - £3p/s	RKA Kickboxing Academy, March	
<b>Love to Move (Carers required to stay if needed)</b>							
March Community Class	Tue	11-12.30	7 Jan - 11 Mar	n/a	Free	Braza Club, March	
Doddington Community Class	Thur	11-12.30	9 Jan - 13 Mar	n/a	Free	Doddington Court	
Chatteris Community Class	Thur	12.15-13.15pm	9 Jan - 13 Mar	n/a	Free	Bricstan Hall, Chatteris	
<b>Running Sessions - Help to Get Active</b>							
Couch to 5k	Wed	6.15-7.15pm	15 Jan - 19 Mar	10	Free	Bandstand, Market Hill, Chatteris	
Couch to 5k	Wed	6.30-7.30pm	15 Jan - 19 Mar	10	Free	Elm Road Sports Field, March	
Couch to 5k	Tue	9.30-10.30am	14 Jan - 1st Apr	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	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, starting Jan 5)	Sun	10am-11am	Bandstand, Park Street	1hr	



# Tea Dances



Date	Location	Info
31st Jan	The Eastrea Centre	£3 per person / per event. Social and fun dance events for all abilities including complete beginners and returners to dance.
28th Feb	Braza Club, March	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.

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 [www.fenland.gov.uk/activefenlandbooking](http://www.fenland.gov.uk/activefenlandbooking) 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](http://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 3rd January** (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](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**

