

Session	Day	Time	Type	No. Weeks	Cost	Venue
Social Badminton (Ladies, 16+)	Wed	7-8pm	Turn up & play	n/a	£2/session	Hudson Leisure Centre, Wisbech
No Strings Badminton, beginners (16+)	Mon	6-7pm	Turn up & play	n/a	£2/session	Hudson Leisure Centre, Wisbech
Badminton Intermediates (16+)	Mon	7-8pm	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
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	Book at Leisure Centre	n/a	£2/session	Manor Leisure Centre, Whittlesey
Yoga Sessions						
General Yoga	Tue	1.15-2.15pm	9 July - 17 Sept No session - 13 August	10	Full block £25 Half block £12.50	Oasis Centre, Wisbech
Gentle Yoga	Tue	2.15-3.15pm	9 July - 17 Sept No session - 13 August	10	Full block £25 Half block £12.50	Oasis Centre, Wisbech
Beginners Yoga	Wed	5-6pm	10 July - 18 Sept No session - 14 August	10	Full block £25 Half block £12.50	Wimblington Parish Hall
Intermediate Yoga	Wed	6-7pm	10 July - 18 Sept No session - 14 August	10	Full block £25 Half block £12.50	Wimblington Parish Hall
Strength & Balance / Older Adult Sessions						
Strength & Balance	Tue	12.15-1.15pm	9 July - 17 Sept No session - 13 August	10	Full block £25 Half block £12.50	Oasis Centre, Wisbech
Strength & Balance	Wed	11.15-12.15pm	10 July - 18 Sept No session - 14 August	10	Full block £25 Half block £12.50	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	10 July - 18 Sept No session - 14 August	10	Full block £30 Half block £15	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	Wed	7-8pm	Until end of July 2024	n/a	Free	Neale Wade Sports Centre, March
Wellbeing Kickboxing Fitness	Sat	9.30-11am	Until end of July 2024	n/a	Free	RKA Kickboxing Academy, March
Love to Move						
March Community Class	Tue	11-12.30	9 July - 17 Sept	11	Free	Braza Club, March
Chatteris Community Class	Thur	11-12.30	11 July - 19 Sept	11	Free	King Edward Centre, Chatteris
Running and Tennis Sessions - Help to Get Active						
Couch to 5k	Wed	6.30-7.30pm	24 April- 17 July No session - 15 May	12	Free	Elm Road Sports Field, March
Couch to 5k	Tue	9.30-10.30am	23 April - 9 July	12	Free	Wisbech Park
Family Running Sessions (8+)	Tue	9.30-10.30am	23 July - 27 Aug	6	Free	Wisbech Park
Adult Tennis	Thur	12-1pm	13 June - 8 August	9	Free	Parkfield Sports Club, Wimblington
Children's Tennis sessions (aged 6-11 years)	Thur	4-5pm	16 May - 8 August	12	Free	Parkfield Sports Club, Wimblington



Wellbeing Walks

Name	Day	Time	Start/End Point	Duration	Info
Wisbech Mindful Walk	Fri	10am-11am	Wisbech Park Bandstand	1 hr	
March Riverside Walk	Tue	1.30-2.30pm	March Library	1 hr	All Ramblers Wellbeing Walks are FREE.
Whittlesey Wellbeing Walk (Every 2nd & 4th Monday of the month)	Mon	10am-11am	Whittlesey Buttercross	1 hr	If you are interested in being a volunteer walk leader please get in touch.
Chatteris Wellbeing Walk	Tue	1.45-2.30pm	Chatteris Library	45 mins	
Grandparent & Grandchild Wellbeing Walk (first Friday of the month)	Fri	9.15-10am	March Library	45 mins	



Tea Dances



Date	Location	Info
Friday 28th June	King Edward Centre, Chatteris	FREE, social and fun dance events for all abilities including complete beginners and returners to dance All Tea Dance events are 2-4pm Join us for a FREE dance tutorial before each Tea Dance event to learn the steps & practice, 1.30-2pm. All events include hot drinks and snack refreshments, please let us know if you have any dietary requirements.
Friday 26th July	Queen Mary Centre, Wisbech	
Friday 2nd August	Braza Club, March	
Friday 16th August	The Eastrea Centre	

More dates and venues coming soon!

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

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 sessions that are not turn up and play. To book a place, please visit: www.fenland.gov.uk/ActiveFenland and fill out the Active Fenland booking form. You will then receive an email response.

- For more information about a session please email activefenlandbookings@fenland.gov.uk, or call **07874 893316 / 07592 774656**
- Some blocks can be joined mid-block, please get in touch. Some sessions need to be paid in full as a block payment.