

Session	Day	Time	Type	No. Weeks	Cost	Venue
Social Badminton (Ladies, 16+)	Weds	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	Tues	11.30-12.30pm	Book at Leisure Centre	n/a	£2/session	Hudson Leisure Centre, Wisbech
Forever Fit	Tues	12.30-130pm	Book at Leisure Centre	n/a	£2/session	Manor Leisure Centre, Whittlesey

### Yoga Sessions

General Yoga	Tues	1.15-2.15pm	9 April - 25 June	12	Full block £30 Half block £15	Oasis Centre, Wisbech
Gentle Yoga	Tues	2.15-3.15pm	9 April - 25 June	12	Full block £30 Half block £15	Oasis Centre, Wisbech
Beginners Yoga	Weds	5-6pm	10 April - 26 June	12	Full block £30 Half block £15	Wimblington Parish Hall
Intermediate Yoga	Weds	6-7pm	10 April - 26 June	12	Full block £30 Half block £15	Wimblington Parish Hall

### Strength & Balance / Older Adult Sessions

Strength & Balance	Tues	12.15-1.15pm	9 April - 25 June	12	Full block £30 Half block £15	Oasis Centre, Wisbech
Strength & Balance	Weds	11.15-12.15pm	10 April - 26 June	12	Full block £30 Half block £15	Doddington Court
Strength & Balance	Friday	11:30 -12:30pm	Book at Leisure Centre	n/a	£2.50 per session	Manor Leisure Centre, Whittlesey
Strength & Balance	Friday	11.30-12.30pm	Book at Leisure Centre	n/a	£2.50 per session	Chatteris Leisure Centre

### Pre-Fit Sessions

Pre-Fit	Weds	2-3.30pm	Book at Leisure Centre	n/a	£3/session	Hudson Leisure Centre, Wisbech
Pre-Fit	Weds	2-3.30pm	Book at Leisure Centre	n/a	£3/session	George Campbell Leisure Centre, March
Pre-Fit	Weds	11.30-1pm	Book at Leisure Centre	n/a	£3/session	Chatteris Leisure Centre
Pre-Fit	Weds	12.30-2pm	10 April - 26 June	12	Full block £36 Half block £18	Doddington Court
Pre-Fit	Tuesdays	10:00 -11:30	Book at Leisure Centre	n/a	£3/session	Manor Leisure Centre, Whittlesey

### Wellbeing Sessions

Wellbeing Stretch & Breathe	Thurs	12.45-1.45pm	11 April - 27 June No session - 2 May & 20 June	10	Free	King Edward Centre, Chatteris
Wellbeing Dance & Stretch	Weds	7-8pm	10 April - 26 June	12	Free	Neale Wade Sports Centre, March
Wellbeing Kickboxing Fitness	Saturdays	9.30-11am	27 April - 13 July	12	Free	RKA Kickboxing Academy, March

### Love to Move

March Community Class	Tues	11-12.30	9 April - 25 June	12	Free	Braza Club, March
Chatteris Community Class	Thurs	11-12.30	11 April - 27 June No session - 2 May & 20 June	12	Free	King Edward Centre, Chatteris

### Running and Tennis Sessions - Help to Get Active

Couch to 5k	Weds	6.30-7.30pm	24 April - 3 July	11	Free	Elm Road Sports Field, March
Couch to 5k	Tues	9.30-10.30am	23 April - 9 July	12	Free	Wisbech Park
Adult Tennis	Thurs	12-1pm	6 June - 8 August	10	Free	Parkfield Sports Club, Wimblington
Children's Tennis sessions (aged 6-11 years)	Thurs	4-5pm	30 May - 8 August	11	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	All Ramblers Wellbeing Walks are FREE.  If you are interested in being a volunteer walk leader please get in touch.
March Riverside Walk	Tues	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	Tues	1.45-2.30pm	Chatteris Library	45 mins	
Chatteris Pocket Park Wellbeing Walk (first Sunday of the month)	Sun	10-11am	Outside The Sportsman, Fairway, Chatteris	20 mins or 1 hr	
Grandparent & Grandchild Wellbeing Walk (first Friday of the month)	Fri	9.15-10am	March Library	45 mins	



# Tea Dances



Date	Location	Info
Friday 31st May	Braza Club, March	FREE, social and fun dance events for all abilities including complete beginners and returners to dance
Wednesday 19th June	Parson Drove Village Hall	All Tea Dance events are 2-4pm
Friday 28th June	King Edward Centre, Chatteris	
Friday 26th July	Queen Mary Centre, Wisbech	Join us for a FREE dance tutorial before each Tea Dance event to learn the steps & practice, 1.30-2pm.
Friday 2nd August	Braza Club, March	All events include hot drinks and snack refreshments, please let us know if you have any dietary requirements.
Friday 16th August	The Eastrea Centre	

# 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](http://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](mailto: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.

