

FENLAND DISTRICT COUNCIL

PRESS RELEASE

6 April 2023

Sign up for free beginner fitness classes in Fenland

Adults in Fenland are being invited to sign up for free novice netball, first step fitness and fun football sessions.

The sessions are the latest in a programme of 12-week fitness courses for adults who either class themselves as overweight or currently do less than 30 minutes of exercise a week.

Each of the courses will have a taster session initially to allow people to try it out and see if they want to continue.

Attendees will be given an information booklet full of simple weekly goals, like trying to be well hydrated, considering portion size and swapping for healthier snacks, to help them strive towards better health between sessions.

The courses, which are being run by Fenland District Council's Active Fenland team, are open to anyone who is over 18 and either considers themselves to be overweight, has a BMI over 25 or is undertaking less than 30 minutes of exercise a week.

Sessions must be booked in advance. They are:

Netball for Novices – Netball for anyone who wants to give it a go whether you've played before or not.

At: Wisbech Grammar School, Chapel Road, Wisbech, PE13 1RH.

Times: 6.30pm to 7.30pm.

Taster session: Tuesday, April 18.

Course dates: Tuesday, April 25, to Tuesday, July 11, inclusive.

First Step Fitness – A beginner's circuit-based fitness class.

At: George Campbell Leisure Centre, City Road, March, PE15 9LT.

Times: 6.45pm to 7.45pm

Taster session: Thursday, April 20.

Course dates: Thursday, April 27, to Thursday, July 13.

Football to Fit – Slow paced Football for adults.

At: Leverington Sport & Social Club 3G Pitch, 39 Church Rd, Leverington, Wisbech PE13 5DE.

Times: 5.30pm to 6.30pm.

Taster session: Monday, September 4.

Course dates: Monday, September 11, to Monday, November 27.

Comfortable clothing and trainers are advised for all sessions. It's also important to bring plenty to drink.

To get the most out of the sessions it is advisable to attend all 12 if possible.

- To book email activefenlandbookings@fenland.gov.uk or call 07517 532129.
- Active Fenland runs a wide range of low cost and no cost exercise classes and activities for all abilities across the district. Find out more: [Active Fenland](#)
- BMI is just one health indicator and a high BMI does not automatically mean someone needs to lose weight. You can calculate your BMI via the [NHS BMI calculator](#).

ENDS

Notes to Editors

For media enquiries, please contact the Fenland District Council press office on 01354 622226 or email: communications@fenland.gov.uk