

FENLAND DISTRICT COUNCIL

PRESS RELEASE

January 9, 2024

Sign up for free wellbeing kickboxing

There's still time to sign up for free wellbeing kickboxing sessions where pads and punchbags will be used in a fun and friendly exercise class.

The classes are open to everyone aged 16 and over and are intended to be social as well as physical.

The classes are at RKA Kickboxing Academy, Unit C4, Enterprise Park, March, PE15 0BD, on Saturdays, 9.30am to 11am, from January 20.

The sessions are being offered by Fenland District Council's Active Fenland with funding from Cambridgeshire and Peterborough Integrated Care System.

Cllr Alex Miscandlon, Fenland's portfolio holder for leisure, said: "This is an opportunity for adults to let off some steam in a supportive environment and get free access to a popular form of fitness.

"We'd encourage anyone who thinks it sounds interesting to sign up – the environment is welcoming and friendly."

RKA Kickboxing Academy, which has developed a string of world champions, already offers free Wednesday morning classes to people aged 50 and over, 10am to 11am. It also delivers monthly instructor visits to Young People March youth clubs.

Academy founder Fenland district councillor Stuart Harris will be leading the Saturday sessions and is undertaking training as a mental health first aider to ensure he can support people holistically.

He said: "Kickboxing is not only fantastic for physical health but for mental health and overall wellbeing too.

"We often find people come along and find it a great release for tension, frustration and anxiety.

"I'm delighted to be undertaking mental health first aid training so that I can be as effective as possible in listening to anyone who finds they want to chat about things during or after training or needs signposting to support services."

Book the Saturday sessions at www.fenland.gov.uk/activefenlandbookingform Some places may be available on the day for those that want to just turn up.

ENDS