

FENLAND DISTRICT COUNCIL

PRESS RELEASE

23 October 2023

Free slow-paced football and beginners circuits classes

Free circuits for beginners and slow-paced football classes are on offer to Fenland adults who consider themselves overweight.

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

The sessions offer the chance to get more active through fitness alongside weekly healthy eating and wellbeing resources and challenges.

Cllr Alex Miscandlon, Fenland portfolio holder for sports development, said: "This is a great opportunity for people to take part in free and welcoming fitness sessions. We look forward to seeing lots of people old and young alike at the classes where a warm welcome awaits."

Wisbech

Football to Fit slow paced football at Thomas Clarkson Academy, Corporation Road, Wisbech, PE13 2SE, is 6pm to 7pm, Thursdays to Thursday, December 7.

Whittlesey

First Step Fitness circuits for beginners at Manor Leisure Centre, Station Road, Whittlesey, PE7 1UA, is 7pm - 8pm Wednesdays to Wednesday, December 6.

March

First Step Fitness circuits for beginners at George Campbell Leisure Centre, City Road, March, PE15 9LT, is 8pm - 9pm, Thursdays to Thursday, December 7.

Book

Booking for all locations is essential, via the [booking form](#) at: www.fenland.gov.uk/activefenland

ENDS