



## Press Release

January 2025

# Free and low-cost exercise and wellbeing classes in Fenland in January 2025

A broad range of free and low-cost exercise sessions launch in Fenland this month especially suited to people whose fitness has decreased - young and old alike.

They include a special programme for people who want to lose weight, new couch to 5k running sessions, strength classes for the older and less mobile, kickboxing for wellbeing, fun dance-based exercise, yoga, tea dances and more.

The sessions are all offered by Fenland District Council's Active Fenland, which secures grant funding to provide opportunities for people to live more active lives, especially where they might face additional barriers to do so.

Cllr Alex Miscandlon, Fenland District Council's portfolio holder for leisure, said: "Active Fenland supports health and wellbeing for all ages across the district all year round with a fantastic and broad programme of free and low-cost classes.

"If the traditional January feelings of wanting to really take action now have hit for you, Active Fenland provides a supportive, fun, gentle and inexpensive way to take the first step."

New in January are free ['Active for Health' sessions](#) for adults with a a Body Mass Index (BMI) of 25 or over, or 23.5 and over in ethnic minorities (excluding white minorities), and currently doing less than 30 minutes exercise per week.

A tea dance at Eastrea Centre, 2 Roman Gardens, Eastrea, Whittlesey, PE7 2DF, costing £3 per person, including dance tuition, 1.30pm to 4pm on Friday, January 31.

Free [couch to 5k running programmes](#) in Chatteris, March and Wisbech.

The ongoing Active Fenland programme at venues across the district also includes Forever Fit classes where people can enjoy a variety of activities in one session such as new age kurling, table tennis, badminton and boccia. Plus walking football and walking hockey, wellbeing walks and much more.

The Active Fenland programme is currently delivered with funding support from Cambridgeshire & Peterborough Integrated Care System (ICS) and Cambridgeshire County Council Public Health.

Find the full programme at [www.fenland.gov.uk/article/18316](http://www.fenland.gov.uk/article/18316)

**Ends**

### **Notes to Editors**

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