



Movement **Conversation.** **Connection.**

**Find a Free Community Exercise
Class Near You (Term Time)**



MORE THAN EXERCISE

Movement. Conversation. Connection.

Free community exercise classes designed to help people move, belong and connect.

Welcome to Inspiring Fitness in the Community

We exist to break down barriers to exercise and wellbeing – bringing people out of isolation and into community through movement, conversation and connection.

Our classes are about more than being active. They create welcoming local spaces where people can build relationships, share experiences, access trusted information and discover further support when they need it.

MOVE

Inclusive, adaptable exercise that helps people feel healthier, stronger and more confident.

CONNECT

Conversation and trusted signposting that can open the door to further help, services and opportunities.

BELONG

Friendly local spaces where people can meet, build relationships and feel part of their community.



Exercise is our doorway.

Stronger, more connected communities are our destination.

Supported by

Find a FREE community exercise class near you! (Term Time)

Join us at a FREE, friendly exercise and wellbeing class near you. Our classes run during term time – there's no need to book, you can just turn up to find out more.

They're perfect if you're new to fitness or just want a fun, supportive way to move.

Our Centres In Birmingham & Surrounding Areas

FREE CLASS

DAY

TIME

COACH

APNA GHAR – 21-22 Clevedon Road, Balsall Heath, Birmingham, B12 9HD

Seated Exercise

Wednesday

10:30am-11:30pm

Imran

Wellbeing Exercise

Thursday

12pm-1pm

Imran

FREE CLASS

DAY

TIME

COACH

Ashiana Community Project – 25 Grantham Rd, Sparkbrook, Birmingham B11 1LU

Seated Exercise

Monday

10:30am-11:30am

Imran

Seated Exercise

Saturday

10:30am-11:30am

Imran

FREE CLASS

DAY

TIME

COACH

Bartley Green Community Hub – 26-30 Hillwood Rd, Birmingham B31 1DN

Seated Exercise

Thursday

5:30pm-6:30pm

Imran

FREE CLASS

DAY

TIME

COACH

Bell's Farm Community Centre – Bells Farm Close, Kings Norton, B14 5QP

Over 50's
Seated Exercise

Thursday

11am-12pm

Ed

FREE CLASS

DAY

TIME

COACH

Brandwood Community Centre - 157 Allens Croft Rd, Kings Heath, B14 6RP

Zumba Gold	Monday	11am-12pm	Keturah
Seated Tai Chi	Monday	12pm-1pm	Afsha
Body Balance	Monday	6pm-7pm	Keturah
Zumba	Monday	7pm-8pm	Keturah
Women's Only Exercise	Wednesday	9:30am-10:30am	Sam
Seated Exercise	Wednesday	11am-12pm	Sam
Men's Only	Wednesday	12:30pm-1:30pm	Sam
Adult Circuit Training	Saturday	9am-10am	Sean

FREE CLASS

DAY

TIME

COACH

Deaf Cultural Centre - Ladywood Rd, Birmingham B16 8SZ

Gentle Exercise	Monday	10:30am-11:30am	Val
Strength & Stretch	Monday	11:30am-12:30pm	Val

FREE CLASS

DAY

TIME

COACH

Dorothy Parkes - Church Rd, Smethwick B67 6EH

Women's Only Boxing	Monday	10:30am-11:30am	Ed
Adult Circuits	Friday	9am-10am	Ed

FREE CLASS

DAY

TIME

COACH

Glebe Farm Community Hub - 52 Glebe Farm Rd, Birmingham B33 9NA

Community Exercise	Wednesday	1pm-2pm	Patricia
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FREE CLASS

DAY

TIME

COACH

Glebe Farm Library – Glebe Farm Road, Stechford, B33 9NA

Community Exercise	Wednesday	1pm-2pm	Patricia
Low Impact Exercise	Friday	12:15pm-1:15pm	Ed

FREE CLASS

DAY

TIME

COACH

GHULAB ASHRAM – 18 Whisley Brook Lane, Birmingham B28 8SR

Seated Exercise	Wednesday	3pm-4pm	Imran
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FREE CLASS

DAY

TIME

COACH

Hawkesley Community Centre – Edgewood Rd, King's Norton, Birmingham B38 9RN

Adult Circuits	Thursday	5:30pm-6:30pm	Sean
Seated Exercise	Friday	12pm-1pm	Tony

FREE CLASS

DAY

TIME

COACH

Holloway Hall Community Association – Holloway, Bartley Green, Birmingham, B31 1TT

Women's Only	Thursday	9:30am-10:30am	Sharon
Kid's Boxercise	Thursday	4:30pm-5:30pm	Myles

FREE CLASS

DAY

TIME

COACH

James Lloyds Trust – 219 Heath Road, Bourneville, Birmingham B30 1RU

Low Impact Exercise	Friday	12:15pm-1:15pm	Imran
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FREE CLASS

DAY

TIME

COACH

Kitt's Green Church – Kitt's Green Rd, Birmingham B33 9SB

Wellbeing Fitness	Tuesday	7:30pm-8:30pm	Imran
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FREE CLASS

DAY

TIME

COACH

Lakeside Children Centre- 22 Lakes Road Erdington Birmingham

Kid's Boxercise

Friday

3:45pm-4:45pm

Omeil

FREE CLASS

DAY

TIME

COACH

Milebrook Community Hall - 143-151 Field Ln, Birmingham B32 4ER

Seated Exercise

Thursday

10:45am-11:45am

Sharon

FREE CLASS

DAY

TIME

COACH

Moseley Hive - 93 Alcester Rd, Birmingham B13 8DD

Women's Gentle
Exercise

Wednesday

9:30am-10:30am

Afsha

FREE CLASS

DAY

TIME

COACH

Nechells Pod - 28 Oliver St, Nechells, Birmingham B7 4NX

Tai Chi

Wednesday

3:30pm-4:30pm

Patricia

Aerobics

Thursday

9:30am-10:30am

Patricia

Seated Exercise

Thursday

10:30am-11:30am

Patricia

FREE CLASS	DAY	TIME	COACH
Lodge Road Church Centre URC- Lodge Rd Centre, 143/4 Lodge Road, Winson Green, Birmingham B18 5BU ITT			
Kid's Roller Skating	Monday	3pm-5pm	N9ne
Kid's Boxercise	Monday	5pm-6pm	N9ne
Mixed Boxercise	Monday	6pm-7pm	N9ne
Women's Stretch & Flex	Monday	2pm-3pm	N9ne/Keturah
Kid's Roller Skating	Tuesday	3pm-5pm	N9ne
Adult Tai Chi	Tuesday	3pm-5pm	N9ne
Adult Roller Skating	Tuesday	7pm-8:45pm	N9ne
Teen Roller Skating (Ages 13-17)	Wednesday	5pm-6pm	N9ne
Adult Roller Skating	Wednesday	7pm-8:45pm	N9ne
Kid's Roller Skating	Thursday	3pm-5pm	N9ne
Adult Roller Skating	Thursday	5pm-7pm	N9ne
Adult Badminton	Thursday	7pm-8pm	N9ne
Adult Badminton	Thursday	8pm-9pm	N9ne

FREE CLASS	DAY	TIME	COACH
New Heights Warren Farm Community Project - 125 Warren Farm Rd, B440QN			
Seated Exercise	Wednesday	10am-11am	Keturah
Family Fitness	Wednesday	3:15pm-4:15pm	Keturah

Our Centres In Birmingham & Surrounding Areas

FREE CLASS

DAY

TIME

COACH

Pheasey Community Hub – Hillingford Ave, Birmingham , B43 7HN

Seated Exercise	Monday	1pm-2pm	Sam S
Women's Only	Thursday	1pm-2pm	Sam S

FREE CLASS

DAY

TIME

COACH

Old Brookside – Yardley Field Road, Stechford, Birmingham, B33 8QL

Seated Exercise	Friday	1:30pm-2:30pm	Keturah
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FREE CLASS

DAY

TIME

COACH

Quinbourne Community Centre – 80 Ridgacre Rd, Quinton, Birmingham B32 2TW

Seated Exercise	Tuesday	1:30pm-2:30pm	Tony
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Our Centres In Birmingham & Surrounding Areas



FREE CLASS

DAY

TIME

COACH

Saheli Hub - 257 Edward Road, Balsall Heath, Birmingham, B12 9LF

HIIT	Monday	10am-11am	Patricia
Seated Exercise	Monday	11am-12pm	Patricia

FREE CLASS

DAY

TIME

COACH

Sara Park - 160 - Herbert Road, Birmingham B10 0PR

Seated Exercise	Thursday	5:30pm-6:30pm	Imran
Men's Only	Thursday	6:30pm-7:30pm	Imran

FREE CLASS

DAY

TIME

COACH

Scrapstore, Hollymoor Centre - Manor Park Grove, Northfield, B31 5E

Seated Exercise (Over 50's)	Wednesday	12:15pm-1:15pm	Ed
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FREE CLASS

DAY

TIME

COACH

The Shires - 219 Wake Green Rd, Moseley, Birmingham B13 9PQ

Women's Circuits	Tuesday	6:30pm-7:30pm	Afsha
Active seniors	Friday	1pm-2pm	Afsha

FREE CLASS

DAY

TIME

COACH

St Barnabas Church & Community Hub - 152-156 High St, Erdington, B23 6SY

Seated Exercise	Tuesday	11am-12pm	Keturah
Women's only	Thursday	10am-11am	Sam S
Kid's Boxercise	Thursday	11am-12pm	Sam S

FREE CLASS

DAY

TIME

COACH

St Gabriels Church – Marston Road, Shenley Lane Weoley Castle B29 5PL

Kid's Boxercise

Thursday

4:30pm-5:30pm

Myles

FREE CLASS

DAY

TIME

COACH

St. Germain's Community Hub – St. Germain's Church, City Rd, Birmingham B17 8LE

Keep Fit While
You Sit

Wednesday

2:30pm-3:30pm

Ed

Kid's Boxercise

Wednesday

3:45pm-4:45pm

Ed

FREE CLASS

DAY

TIME

COACH

St James And St Peter's Church – Darnley Road, Birmingham, B16 8TF

Kid's Boxercise

Friday

4:30pm-5:30pm

Sean

FREE CLASS

DAY

TIME

COACH

St Josephs Catholic Church – 182 Thimble Mill Ln, Nechells, Birmingham B7 5HT

Seated Exercise

Thursday

11:45am-12:45pm

Patricia

FREE CLASS

DAY

TIME

COACH

Unity Hub, St. Margaret's Church, St Margaret's Rd, Ward End, Birmingham B8 2BA

Seated Exercise

Tuesday

12pm-12:45pm

Selina

Seated Stretch

Tuesday

1pm-1:45pm

Selina

Fitness For All

Thursday

11:30am-12:30pm

Selina

FREE CLASS

DAY

TIME

COACH

Uplift Community Hub - 160 Herbert Road, Birmingham, B10 0PR

Seated Exercise	Monday	5pm-6pm	Imran
Men's Only	Monday	6pm-7pm	Imran
High Energy Fitness	Friday	10:30am-11:15am	Selina
Seated Exercise & Stretches	Friday	11:30am-12:15pm	Selina

FREE CLASS

DAY

TIME

COACH

Welcome Change, Shard End- Ownall Road, Shard End, B34 7AJ

Women's Only	Monday	1pm-2pm	Patricia
Seated Exercise	Wednesday	11:15am-12:15pm	Keturah
Seated Exercise (Over 50's)	Friday	11am-12pm	Ed

FREE CLASS

DAY

TIME

COACH

Wellington Court - Brook Lane, Edgbaston, Birmingham B32 2DP

Seated Exercise	Thursday	10:30am-11:30am	Tony
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FREE CLASS

DAY

TIME

COACH

YMYW HUB, Wesley Court, Selwyn Road, B16 0NL (Behind City Road Methodist Church)

Dance, Tone & Stretch (Women only)	Wednesday	9:30am to 10:15am	Patricia
Seated Exercise	Wednesday	10:30am to 11:15am	Patricia

FREE CLASS

DAY

TIME

COACH

Evangelical Church – The ST, Little Totham Maldon CM9 8JQ

Seated Exercise

Wednesday

9am-10am

James

FREE CLASS

DAY

TIME

COACH

King's Hall – Burnham 2 Arcadia Rd, Burnham-on-Crouch CM0 8EF

Seated Exercise

Tuesday

9am-10am

James

Seated Exercise

Wednesday

3:30pm-4:30pm

James

FREE CLASS

DAY

TIME

COACH

Maylands Community Centre – Lawling Park Hall, Katonia Avenue, Essex, CM3 6AD

Seated Exercise

Tuesday

2pm-3pm

James

FREE CLASS

DAY

TIME

COACH

North Fambridge Village Hall – Ferry Road, North Fambridge

Seated Exercise

Wednesday

2pm-3pm

James

FREE CLASS

DAY

TIME

COACH

Plantation Hall – Colchester Road, Heybridge, Maldon, CM9 4AL

Seated Exercise

Tuesday

2pm-3pm

James

Seated Exercise

Tuesday

3pm-4pm

James

Seated Exercise

Tuesday

4pm-5pm

James

FREE CLASS

DAY

TIME

COACH

South Woodham Village Hall - 25 Hullbridge Rd, Chelmsford CM3 5P

Seated Exercise

Wednesday

12:30pm-1:30pm

James

FREE CLASS

DAY

TIME

COACH

Wickham Bishop Village Hall - Church Road, Wickham Bishop

Seated Exercise

Wednesday

10:30am-11:15am

James

Seated Exercise

Wednesday

11:15am-12pm

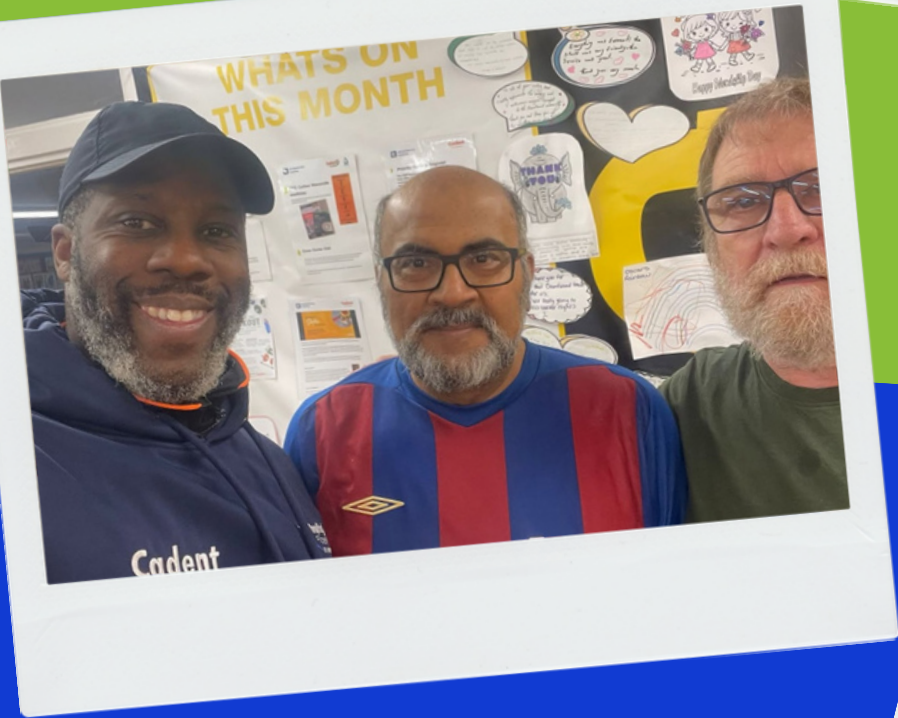
James



FREE CLASS DAY TIME COACH

Ladybrooke Community Centre- Ladybrook Ln, Mansfield NG18 5JJ

Pilates	Tuesday	10am-11am	Val
Dance Exercise	Tuesday	11am-12pm	Val
Low Impact Exercise	Tuesday	12:30pm-1:30pm	Val



FREE CLASS

DAY

TIME

COACH

Majorie Collins Day Centre- Majorie Collins Grove Road, Romford, RM6 4XF

Seated Exercise	Monday	11am-12pm	James
Seated Exercise	Monday	12pm-1pm	James

FREE CLASS

DAY

TIME

COACH

St Martins Church- Becontree Goresbrook Rd, Dagenham RM9 6UX

Seated Exercise	Monday	2pm-3pm	James
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FREE CLASS

DAY

TIME

COACH

Waltham Forest Community Hub- 18A Orford Road London E17 9LN

Seated Exercise	Thursday	2:30pm-3:30pm	Danielle
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FREE CLASS

DAY

TIME

COACH

Croft Community Centre – Smithy Lane, Croft, Warrington, WA3 7JE

Seated Exercise

Wednesday

9:30am-10:30am

Sharma

Adult Circuits

Wednesday

10:30am-11:30am

Sharma

FREE CLASS

DAY

TIME

COACH

Fearnhead Community Centre – Insall Rd, Fearnhead, Warrington, WA2 0HD

Seated Exercise

Thursday

11am-12pm

Sharma

FREE CLASS

DAY

TIME

COACH

Greenwood Community Centre – Thames Cl, Warrington WA2 0FG

Adult Circuits

Thursday

9:30am-10:30am

Sharma

FREE CLASS

DAY

TIME

COACH

Harpurhey Neighbourhood Project – Conran Street, Harpurhey, Manchester, M9 5PR

Kid's Boxercise

Tuesday

4pm-5pm

Adam

Women's Boxercise

Tuesday

5:30pm-6:30pm

Adam

Adult Circuits

Tuesday

6:30pm-7:30pm

Adam

FREE CLASS

DAY

TIME

COACH

Orford Community Centre – 102 Hughes Ave, Warrington, WA2 9EP

Seated Exercise

Friday

9:30am-10:30am

Sharma

Adult Circuits

Wednesday

10:30am-11:30am

Sharma

FREE CLASS

DAY

TIME

COACH

Whitecross Community & Recreation Centre – Lexden Street, Warrington WA5 1PT

Seated Exercise

Thursday

1pm-2pm

Sharma

Circuit Training

Thursday

3pm-4pm

Sharma

FREE CLASS

DAY

TIME

COACH

Baginton Village Hall – Frances Rd, Baginton, Coventry CV8 3AB

Women's Circuits	Wednesday	9:30am-10:am	Callum
Circuits & Boxcercise	Wednesday	6:30pm-7:30pm	Callum
Seated Exercise	Thursday	2pm-3pm	Callum

FREE CLASS

DAY

TIME

COACH

Bob Jones Community Hub – Bromley St, Wolverhampton WV2 3AS

Women's Only	Tuesday	9:30am-10:am	Sam S
Seated Exercise	Tuesday	11am-12pm	Sam S

FREE CLASS

DAY

TIME

COACH

Foleshill Community Centre – 111–113 Foleshill Road, Coventry CV1 4JU

Women's Only	Tuesday	10am-11am	Natasha
Seated Exercise	Tuesday	11am-12pm	Natasha

FREE CLASS

DAY

TIME

COACH

Kenilworth Community Centre – Abbey End, Kenilworth CV8 1QJ

Women's Only	Wednesday	11:30am-12:30pm	Natasha
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FREE CLASS

DAY

TIME

COACH

St Francis Employability – St Francis of Assisi Church, Links Road, Radford, CV6 3DQ

Seated Exercise	Wednesday	1pm-2pm	Natasha
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FIND FURTHER SUPPORT



Your class can be a doorway to other trusted help too.



warrington.gov.uk

OUR KEY PARTNER SUPPORT

CADENT – PRIORITY SERVICES REGISTER

- Extra support for people who may need help during interruptions to gas, electricity or water services.
- 0800 389 8000 | cadentgas.com/help-and-advice/priority-services-register

BIRMINGHAM CITY COUNCIL – COST OF LIVING

- Help with food, bills, benefits, money advice and local support across Birmingham.
- 0121 303 1116 | birmingham.gov.uk/livingsupport

WARRINGTON BOROUGH COUNCIL – COST OF LIVING

- Local help with food, finances, energy bills, childcare and practical support.
- warrington.gov.uk/cost-living-support

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OTHER TRUSTED SUPPORT

CITIZENS ADVICE

- Benefits, debt, housing, work and consumer advice.
- 0800 144 8848 | citizensadvice.org.uk

NATIONAL ENERGY ACTION

- Energy bills, keeping warm, benefits and household energy support.
- 0800 304 7159 | nea.org.uk/get-help

NHS 111

- Urgent physical or mental health advice when it is not a life-threatening emergency.
- Call 111 – 24/7 | 111.nhs.uk

SAMARITANS

- Free emotional support when life feels difficult or you need someone to listen.
- 116 123 – free, day or night | samaritans.org

URGENT & EMERGENCY

- Gas emergency: 0800 111 999
- Power cut: 105
- Immediate danger or serious emergency: 999

Exercise is our doorway. Stronger more connected communities are our destination.