

Movement. Conversation. Connection.

We bring people together through **free exercise and wellbeing classes** – helping underserved communities feel healthier, more confident and less alone.

Delivered in trusted community spaces, our sessions connect people to vital support while creating **safe spaces to move, talk and belong**.

We also train and hire local residents – strengthening communities from within.

HAPPIER PEOPLE.
STRONGER COMMUNITIES



Watch our
partnership in
action

Supporting Community Wellbeing

Free exercise and wellbeing classes delivered in community hubs across the UK.

**Our model
combines**



Free Wellbeing Classes

Inclusive sessions for all
ages and abilities

Career Pathway

Paid Community
Wellbeing Coach roles
for unemployed local
residents.

Our Legacy Volunteering

Training and mentoring
volunteers to lead
classes.



Movement brings people in
Conversation builds trust
Connection creates lasting change

Meet the Team

The people powering community-led wellbeing.

Together, they support a growing network of Community Wellbeing Coaches, volunteers and local partners transforming wellbeing.



MARCUS McDONALD
SERVICE DEVELOPMENT LEAD



TOM GARVEY
FINANCE LEAD



CHARLOTTE GARVEY
OPERATIONS LEAD



RICHARD REID
SERVICE DELIVERY LEAD



MICHELLE DAY
LEGACY PROJECT LEAD



JOHN HILL
ENGAGEMENT ADVISOR



SELINA HUSSAIN
COMMUNITY ENGAGEMENT LEAD



EMILY COBERT
SOCIAL MEDIA LEAD



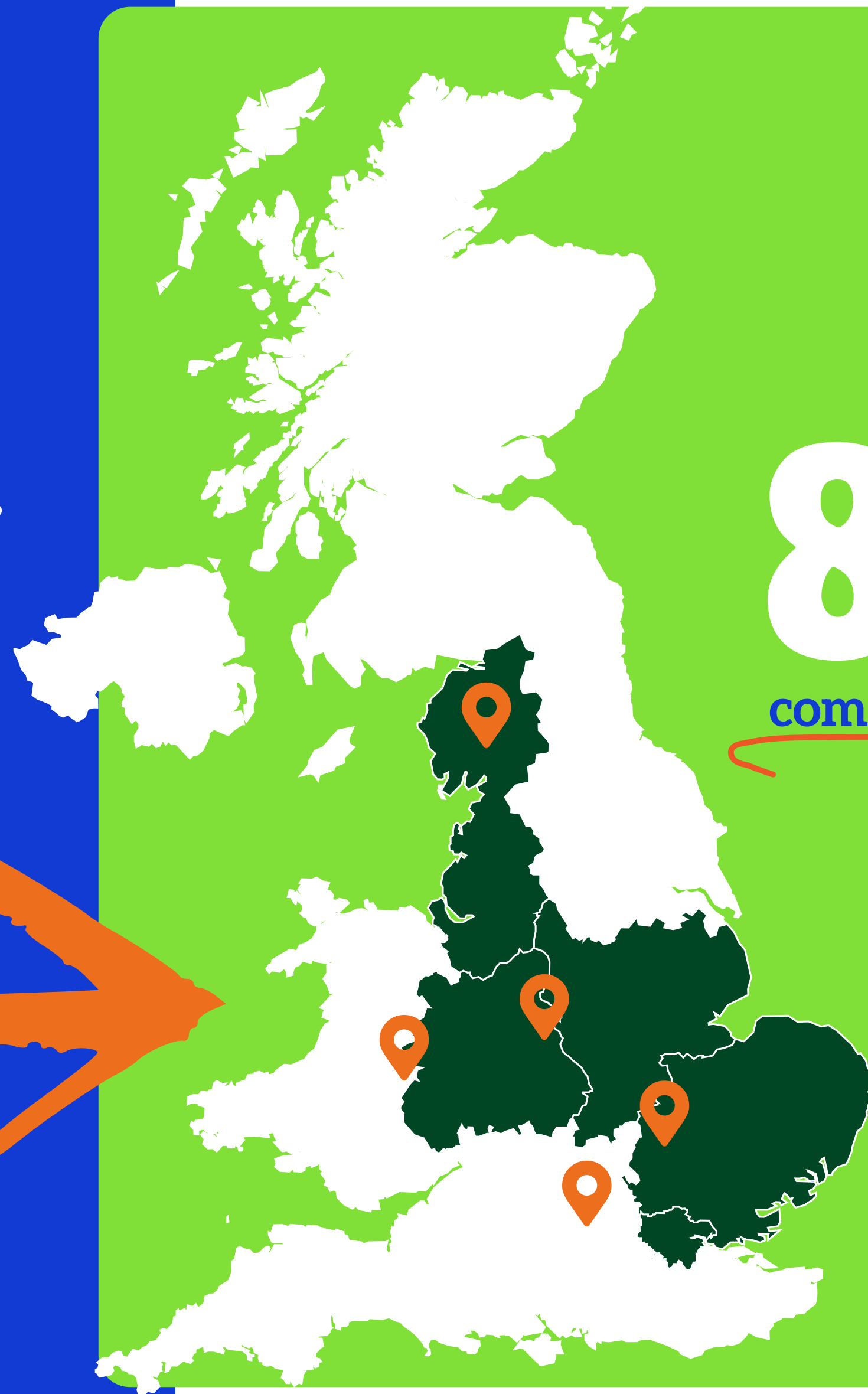
MONIRA MATIN
PR AND COMMUNICATIONS LEAD

A Nationwide Movement

Healthier People.
Happier Communities.

*Every class goes beyond exercise –
connecting people to vital support,
from health and wellbeing advice to
essential local services.*

Move Together.
Connect Together.
Grow Together.



80+
community spaces

150+
free classes every week



1. North West
2. West Midlands
3. East Midlands
4. East (including East Anglia,
Peterborough Cambridgeshire, Essex)
5. North London

Real Results, Real Change



"CHAIR-BASED CLASSES MEAN I CAN
FINALLY JOIN IN."

"EVERY WEEK I FEEL STRONGER,
CALMER AND MORE ENERGISED."

"I'M IN MY 80S - STAYING
ACTIVE IS MY INDEPENDENCE."

"I'VE MADE FRIENDS FOR LIFE."

38,063

Total attendances
(Oct 2024-Dec 2025)



Click to meet the
people behind the
impact

April – September 2025



From 907 participants across 100 classes:

99%

said their physical
health has improved

96%

report better mental
wellbeing

97%

feel more connected &
less isolated

64%

are more likely to visit
the centre to access
other support

Movement brings people in.
Community keeps them here.

A Trusted Community Partner

We turn community centres into wellbeing hubs – using movement to unlock confidence, connection and support. Trusted by partners across the UK, our model creates lasting preventative impact.

What Our Partners Say



“Inspiring Fitness has opened a new door - one that builds confidence and helps people access the support they need to thrive.”

– Megan Tucker, CEO,
Newbigin Community Trust



See our impact
at Newbigin

“The centre feels different now - friendships are forming, confidence is growing, and people are accessing more support.”

– Joanna Eross, Senior Project Manager,
Brandwood Centre, Kings Heath



“Inspiring Fitness genuinely stands out... They create welcoming, inclusive classes that go beyond exercise - encouraging connection and belonging.

– Louise, **Thrive Together** Birmingham



Growing Local Leaders

Our Career Pathway

Provides accredited training and paid coaching opportunities for people facing unemployment or low income



“Inspiring Fitness gave me hope, a job and a community.”

Sam, homelessness risk to coaching



“ IFIC helped me heal”

Keturah, now leading 15+ classes weekly



“Fitness was my lifeline.”

Patricia, hardship to coaching 20 sessions weekly



“It’s changed my life - and now I’m changing others’ too.”

N9ne, Community Wellbeing Coach

“It’s given me opportunity, connection, support and purpose.”

Anonymous Coach, addiction recovery to community coach



Growing Local Leaders

Our Legacy Project

Mentors volunteers to lead our classes, building long-term local capacity.

Impact in their words

Ryan, Legacy Project volunteer, now supporting 110–120 people weekly through community wellbeing

“It’s given me the confidence and tools to engage people experiencing homelessness - using movement to build trust, routine and connection.”

“I’ve seen people go from reluctant to engaged - reconnecting with services and finding a sense of purpose.”





Free exercise classes for women during Ramadan



What are the benefits of exercise during Ramadan?

I visited Birmingham fitness class aimed at minorities but left with a bittersweet wish

Inspiring Fitness in the Community provides fitness sessions for marginalised communities



Comments 0

WHAT'S ON By [Husna Anjum](#) Senior Live News Reporter
06:05, 22 Jun 2025



View 4 Images

Inspiring Fitness in the Media

We're gaining national and regional media attention.

Featured by
ITV • BBC West Midlands •
Birmingham Mail

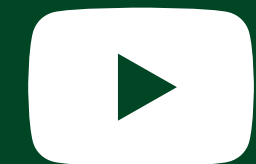
Highlight Event
Women's Wellness Day
- Birmingham City Council



Sign language fitness class breaking down barriers



Inspiring Fitness in the Community holds 'Women's Wellness' event. Photo: IFIC



Click to watch our
Women's Wellness
Day

BirminghamLive



Inspiring Fitness on Social Media

*We're spotlighting our
community stories.*

Human stories behind our partnership

[Click to watch](#) Bruce's Story - Confidence and connection
through community badminton

[Click to watch](#) N9ne at Lodge Road Centre - Inside a Centre
for Warmth - our best-performing Instagram video

[Click to watch](#) Carbon Monoxide Safety Series -
Short, engaging videos sharing life-saving
CO safety advice

[Click to watch our
Instagram
videos](#)



**"WITH MY DISABILITY, I ENJOY
PLAYING BADMINTON. THERE'S GOOD
PEOPLE AT INSPIRING FITNESS" - BRUCE**

Newbiggin Community
Trust in Winson Green

**"WITHOUT INSPIRING FITNESS, I
WOULDN'T BE DOING THE FANTASTIC
WORK I DO." - COACH DAN**

about carbon
monoxide and gas
safety?

Partner with Us

We work with partners who believe in **community-led change**.



JOIN US

Our model uses movement to bring people in, conversation to build trust, and connection to unlock support - reaching underserved communities at scale.

Let's build stronger communities - together

For partnership opportunities
email marcus@inspiring-fitness.co.uk