Movement Conversation. Connection.

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

Inspiring Fitness® In the community

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

Cadent Your Gas Network

Birmingham City Council

Inspiring Fitness In the community

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

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Our Centres In Birmingham & Surrounding Areas

Inspiring Fitness In the community

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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Our Centres In Birmingham & Surrounding Areas

InspiringFitness® In the community

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

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

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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Our Centres In Birmingham & Surrounding Areas

InspiringFitness® In the community

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
Lodge Road Church Centre URC- Lodge Rd Centre, 143/4 Lodge Road, Winson Green, Birmingham B18 5BU 1TT			
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

Our Centres In Birmingham & Surrounding Areas

InspiringFitness® In the community

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
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

FREE CLASS	DAY	TIME	COACH
Old Brookside - Yardley Field Road, Stechford, Birmingham, B33 8QL			
Seated Exercise	Friday	1:30pm-2:30pm	Keturah

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

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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

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
Scrapstore, Hollymoor Centre - Manor Park Grove, Northfield, B31 5E			
Seated Exercise (Over 50's)	Wednesday	12:15pm-1:15pm	Ed

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Our Centres In Birmingham & Surrounding Areas

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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. Germains 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

Our Centres In Birmingham & Surrounding Areas

InspiringFitness® In the community

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
Ward End Wellbeing Centre – 110 Sladefield Rd, Birmingham B8 2SX			
Seated Exercise	Tuesday	11:30am - 12:30pm	Imran

Our Centres In Birmingham & Surrounding Areas

Inspiring Fitness In the community

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

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

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Our East England Centres

InspiringFitness® In the community

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
Greenstead Community Centre – Hawthorn Ave, Colchester CO4 3QE			
Inclusive Exercise Class	Thursday	10:00am - 11:00am	Matt

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
Oak House – Bentley Lane, Ipswich, Suffolk			
Inclusive Exercise Class	Wednesday	10:30am - 11:30am	Matt

Our East England Centres

InspiringFitness® In the community

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
The Angel Centre – Unit 13 Lodge Ln, Langham, Colchester CO4 5ND			
Inclusive Exercise Class	Thursday	12pm-1pm	Matt

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

Our East Midlands Centres

Inspiring Fitness in the community

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

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Our Greater London Centres

Inspiring Fitness® In the community

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

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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Our North West Centres

warrington.gov.uk

Inspiring Fitness® In the community

FREE CLASS	DAY	TIME	COACH
Croft Community Centre - Smithy Lane, Croft, Warrington, WA3 7JE			
Seated Exercise	Wednesday	10am-11am	Sharma
Seated Exercise	Wednesday	11am-12pm	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	9:45am-10:45am	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 & Circuits	Friday	9:30am-10:30am	Sharma
Seated Exercise & Circuits	Friday	10:30am-11:30am	Sharma

FREE CLASS	DAY	TIME	COACH
Whitecross Community & Recreation Centre - Lexden Street, Warrington WA5 1PT			
Seated Exercise	Tuesday	1pm-2pm	Sharma

Our West Midlands Centres

InspiringFitness® In the community

FREE CLASS	DAY	TIME	COACH
Baginton Village Hall - Frances Rd, Baginton, Coventry CV8 3AB			
Women's Circuits	Wednesday	9:30am-10:am	Callum
Circuits & Boxercise	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
Men's Only	Thursday	12pm - 1pm	Callum

FREE CLASS	DAY	TIME	COACH
Kenilworth Community Centre - Abbey End, Kenilworth CV8 1QJ			
Women's Only	Wednesday	11:30am-12:30pm	Natasha

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.

Cadent Your Gas Network | Birmingham City Council | 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.