



Active for Health

A FREE 12-week activity course for inactive adults with a BMI over 25. The course will help you improve your fitness, socialise, learn new skills and ultimately improve your overall wellbeing.

Free of
charge!

Upcoming courses

One Leisure Huntingdon - Wednesdays 5pm - 6pm
starting 26th March 2025

One Leisure St Neots - Thursdays 5pm - 6pm
starting 27th March 2025

Courses include a complimentary One Leisure Pass!



For more info and to book:

www.huntingdonshire.gov.uk/activeforhealth