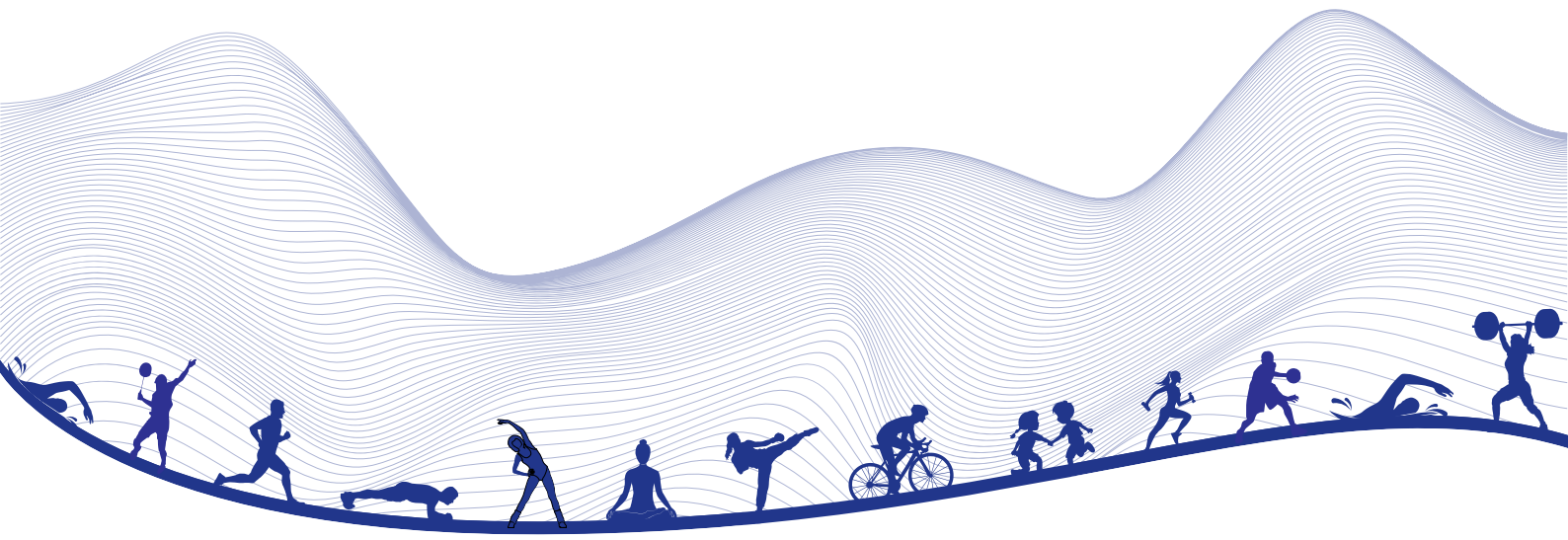


# Fenland Freedom Newsletter!

- March 2025 -



**Explore what's happening  
across our Fenland Freedom  
Leisure Centres**



# Let's Celebrate Our Members

## Congratulations to Jane! Our Member of the Month at Chatteris!



Jane has been a member with us for many years but has recently changed up her style of training, falling in love with weight training. Jane joined the gym to help with her health, fitness and weight loss and in the last couple of years has lost almost 3 stone!

Jane attends the gym 4 mornings a week where she does weight training and attends a yoga class for flexibility and relaxation, as well as walking her dogs every day.

We asked Jane what her biggest achievement is: 'Winning 2 trophies from my PT at an annual awards party, I worked hard the past year and I'm really proud of myself for these awards'.

We asked Jane what advice would you give someone joining the gym: "I'd say go for it, you won't regret it. Everyone's friendly and welcoming. If you are nervous start slowly, have a walk on the treadmill and get a feel for where everything is and slowly introduce yourself to other exercises. You'll soon realise that nobody is looking at you, they're just getting on with their own thing."

## Congratulations to Kaiden! Our Member of the Month at Hudson!



Kaiden regally attends our energetix and has built a brilliant routine in the gym. In the past Kaiden has lost confidence in himself but with the support of the team he has come back even stronger. Kaiden is a pleasure to have in the gym as he always tries his best and has great fun.

We asked Kaiden a few questions; what motivates you to come to the gym? "I like keeping fit and active. Good health is really important to me and the trainers here are all amazing"

How do you feel that you have changed since coming here?

"I feel stronger and I enjoy working out because I know it is good for me. I feel happier once I've completed my workout."

What is your ideal workout?

"I have a routine which I enjoy completing. The instructors designed my routine for me because they know what I enjoy most."

# Let's Celebrate Our Members

## Congratulations to Janet! Our Member of the Month at George Campbell



Janet has always been active. She has bred and judged dog shows in over 40 countries around the world and won Best of Breed at Crufts in 1980!

But after two knee's Janet was advised to start exercising to improve her health. Janet began with a 24 week course of prescribed exercise in the local community and was encouraged to continue her journey.

Janet wasn't very keen on coming to the centre as she had preconceptions of what gyms were like and was terrified, however that couldn't have been any further from the truth.

Now she regularly attends Nikki's Pre-fit class to help improve her strength and balance and absolutely loves it. Janet finally joined the centre as a member last October. When Janet joined she wasn't very keen on swimming but has since tried Aqua Aerobics, she also attends Strength and Balance and started using the gym too.

A few words from Janet: "I was a non believer in the benefits of exercise but now I cant get enough of it, everyone is so friendly! Nikki and Sarah have been fantastic and so kind, they treat us all the same no matter of our ability with such a positive attitude. Steven and Ian have been so patient with me in the gym too".

Janet plans to continue exercising on a regular basis to continue improving her strength and balance and urges anyone and everyone to give it a try.

## Congratulations to Ance and Stuart! Our Members of the Month at Manor



Ance and Stuart are husband and wife who train together and have been attending the gym for many years. Stuart started off using the pool and got into the gym there after and Anca has a love hate relationship with the gym but gives 100% when she attends.

This year they have set themselves a challenge of doing the Yorkshire 3 peaks for the Excel Care Foundation who supporting care workers.

They attend the gym minimum of three times a week, getting their fitness up. They have both seen their bodies change by attending the gym. They will offer support to any one in the gym and a joy to talk to.

# Try our Gym Challenges!



## Jump Squat Challenge at Hudson!

Are you ready to power up your legs and take on our Jump Squat Challenge?

That's right, during March the Hudson Leisure Centre are challenging their members to a jump squat challenge

How many you can complete in 1 minute?

Don't forget to record your score on the white board



## Push up Challenge at Chatteris!

A new month is here which means it's time for a new challenge.

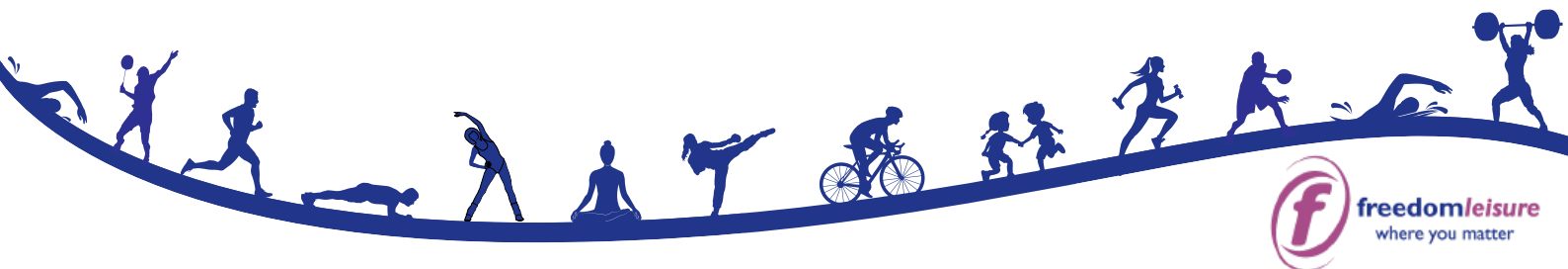
How many push ups can you do in 1 minute?

To get your name on the board, finish the challenge and show one of the gym team.

**[Click here to view a quick demonstration!](#)**

## We have a Range of Exercise Classes across our Centres

Have you tried an exercise class? Did you know we also offer a diverse range of exercise classes across our Fenland centres view our timetable on our website or app.



# What's happening at Chatteris Leisure Centre

## Premier Education will be hiring our Studio out



Premier Education who are training sport coaches are now hiring our studio on a regular basis.

If you are interested in hiring our studio please contact us today!

## Do you know about our Energetix Sessions?



Do you have a child aged 10-13 that wants to start coming to the gym?

Come and sign them up for our Energetix sessions:

Every weekday from 4pm to 5pm

Every Saturday from 12pm to 1pm

Our fully qualified trainers will take your kids through a safe, effective and fun workout in the gym from only £4.60 per session.

## Open Weekend!

## Saturday 22 & Sunday 23 March 2025

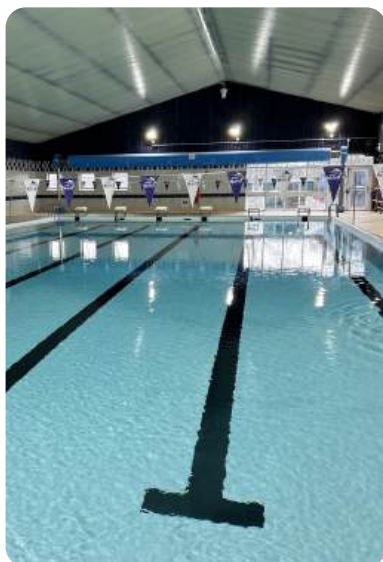


Scan the qr code or [click here](#) to discover what we have to offer.  
Everyone is welcome!



# What's happening at George Campbell

## We Celebrated the Reopening of our Swimming Pool



On Tuesday 25 February we were delighted to reopen our pool after a longer than expected closure due to essential maintenance works, including:

- Installation of 2 new boilers
- Maintenance works on our filtration system
- Repair and maintenance on our pool's pipework
- Replacement of water skimmers
- Re-lined of the swimming pool
- Installation of a new building management system
- New Kelda showers in our changing village
- New LED lights around poolside and in the changing village
- Redecorated changing village and reception area

We had lots of offers and activities taking place to celebrate the reopening, have you visited us since we have reopened?

## Hilary took the first swim back in our swimming pool!



We were honoured to invite Hilary, a longstanding member of George Campbell Leisure Centre, to take the first swim back in our pool. Hilary was the very first person to swim in our pool when it originally opened as an outdoor swimming pool back in 1965, thank you Hilary.

## Steven was giving FREE MOT Health Checks



Steven recently was giving FREE MOT health checks for all customers in the gym, we even got the staff involved! Whether you regularly exercise or just starting your exercise journey come it's important to get a regular health check

## Open Weekend!

## Saturday 22 & Sunday 23 March 2025



Scan the qr code or [click here](#) to discover what we have to offer.  
Everyone is welcome!



# What's happening at Hudson Leisure Centre

## We say goodbye to one of our swim teachers Celia



After a very long career as a swim teacher and teacher 100s of children throughout the years Celia will be hanging up her goggles and swim hat. She will be missed on poolside.

We would like to thank Celia for everything she has done at our swim school and wish her all the best!

Sophia, will be taking on Celia's lessons!

## Welcome Abigal and Beau to the swim teacher team!



We would like to say a massive welcome to Abigail and Beau who will be assisting our swim school by covering!

## Congratulation to Mia! Our Swimmer of the Month



Mia is currently in stage 1 and has been in our learn to swim programme for a few months. She has improved massively in the last two weeks, being very confident in putting her face in and submerging in the pool.

Mia loves swimming on her back and is now able to do over 5 meters. We love having Mia in our Swim School she is chatty and friendly with all the other children, she sets a brilliant example to the others in the group.

Huge well done to Mia and congratulations from the aquatics team!

## Open Weekend!

**Saturday 22 & Sunday 23 March 2025**



Scan the qr code or [click here](#) to discover what we have to offer.  
Everyone is welcome!



# What's happening at Manor Leisure Centre

## Blood Donors at Manor Leisure Centre



During February we had the Blood Donors in twice during the month, where both days were very busy.

We have the Blood Donors in regularly at our centre in the sports hall, if you are interested in giving blood [click here](#) or visit their website - [www.blood.co.uk](http://www.blood.co.uk) to find out more

## Did you know about our Early Morning Classes?



We are excited to let you know about our new early morning class, introducing **Strength and Shred!**

Strength and Shred is a strength training class combined with cardiovascular exercises.

Every Monday at 06:30am to 07:15am

Spring into fitness with our early morning classes:

- Strength and Shred at 06:30am to 07:15
- Boot Camp at 06:30am to 07:15am
- Group Cycling at 06:30am to 07:15am

## Extended Car Parking Spaces



Earlier this month, you may have seen some work being carried out in our car park. This was to extend a small part of our car park providing more parking spaces for our customers when they visit.

## Open Weekend!

## Saturday 22 & Sunday 23 March 2025



Scan the qr code or [click here](#) to discover what we have to offer.  
Everyone is welcome!



Get active with a

**7 DAY**  
**PASS FOR £14.99\***



**Enjoy 7 days of Fitness Fun for Just £14.99.**



Only available until Sunday 23 March 2025.

Scan the QR code or [click here](#) to find out more

**FLASH SALE**

**No Joining Fee\*** on monthly Direct Debits



**Massive Saving on 12 Month Membership\***  
(Annual - paid in full)

**Great Savings on our Memberships**



Only available until Friday 4 April.

Scan the QR code or [click here](#) to find out more