

Free family fitness classes on offer

A SERIES of outdoor fitness sessions will take place in Whitehaven next month.

Copeland councillors Jeffrey Hailes and Carl Walmsley – the borough’s Young People’s Champion and Health and Wellbeing Champion respectively – have organised the sessions to boost residents’ health and wellbeing following the enforced period of lockdown.

The sessions – led by local Personal Trainer Jess Longrigg – will take place on the pitch at St Benedict’s RUFC on August 13 and 27 at 5pm. They run for 45 minutes.

Councillor Hailes said: “Councillor Walmsley and I felt this a great opportunity to work together and support families at the time of coming out of lockdown.

“For a lot of people, this has been a very difficult time and this might be one of the few occasions people have ventured out for exercise. Jess has amazing enthusiasm, and we’re sure these will be positive and lively sessions.”

The sessions are free, they are open to all ages, and there is no need to book a place.



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