

ACTIVE

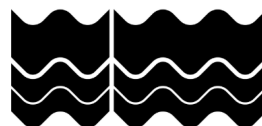
EASTBOURNE & LEWES



FIT FOR ALL FESTIVAL 2026

www.Active-EL.org.uk

East Sussex
County Council



ONE YOU
EAST SUSSEX

WELCOME THE FIRST ACTIVE EASTBOURNE AND LEWES 'FIT FOR ALL' FESTIVAL.

Hi, I'm Mark and I am the lead for the Active Eastbourne and Lewes partnership.

The Active Eastbourne and Lewes partnership brings together local organisations, community groups and charities, to make physical activity more accessible and enjoyable for everyone. Working collaboratively, the partnership aims to break down barriers to being active, promote wellbeing and create opportunities for people of all ages and abilities to move more in their everyday lives. By connecting local initiatives, sharing resources, and supporting inclusive events like the Fit for All festival, the partnership is helping to build healthier, more active communities across Eastbourne and Lewes.

'Fit for All' is a week(end) long opportunity for people to become physically active across Eastbourne and Lewes District. Partners of Active Eastbourne and Lewes, are opening their doors to you, giving you the opportunity to try something new, near where you live. The sessions on offer vary from community gardens, chair exercise classes, try sailing, walking sports, run groups and more.

There are still many of us who lead a sedentary life, the 'Fit for All' festival is the chance for you to go along and try a variety of activities and find an activity that is right for you. There are so many opportunities available for us to move out body, with a host of providers listed in this brochure for you to start moving, re-start moving or continue moving.

Note: Information in this booklet is correct of time of going to press. Please contact individual providers to check details of listings for additional information or to answer questions you may have.



Public Health England recommends that adults, those aged 19-64, should aim for at least 150 minutes of moderate or 75 minutes of vigorous physical activity and 2 strength session per week.



WHAT DOES THIS LOOK LIKE AND MEAN?

Physical activity in its purest form is movement.

‘Any movement produced by skeletal muscles that require energy expenditure’ is the World Health Organisation (WHO) definition of physical activity. It does not refer to a particular sport or exercise. It simply means, move in a way that is best for us. Our bodies don’t know what they are doing specifically, when we move the heart and lungs know they must work harder to get more oxygen into and around the body. Which puts our breathing rate and heart rate up. When we do this at a moderate intensity, it means working hard enough to raise your heart rate – you could talk comfortably but not sing. Example of activities include:

- Brisk Walking
- Cycling on level ground
- Water aerobics
- Hiking
- Pushing a lawn mower

Vigorous intensity means working a bit harder, your heart is beating much quicker, and it’s hard to talk more than a few words at a time. You can speak a few words but need to stop to catch your breath. Examples include:

- Running or jogging
- HIIT Workouts
- Fast cycling or uphill cycling

WHY BE PHYSICALLY ACTIVE?

It’s important to our health.

Inactivity is the 4th leading risk factor for global mortality and costs the UK an estimated £7 billion annually (Public Health England). The top three are High Blood pressure, Tobacco, High blood glucose (diabetes) – all of these are related to the way we live.

Living a physical active lifestyle (meeting the guidelines above) has significant personal benefits. Meeting the guidelines above, reduces your risk of disease by 20-35% - lower your risk of cardiovascular disease, coronary heart disease, and stroke.

This then in turn improves your quality of life and extends healthy life expectancy. As it benefits all of us. Many injuries and illness can be reduced from being physically active – it has many positive benefits to our health.

By being more physically active:

- Your expected life expectancy and healthy life expectancy gap shortens
- You can live at home longer, avoiding care costs
- You maintain better health, keeping travel and health insurance costs low.
- You spend more quality time with family and friends.

Dr. Nick Cavill (UK Public Health consultant) said 'If physical activity were a drug, we would refer to it as a miracle cure.'

Now, I'm not telling you to go and sign up to a marathon. What we should be looking at is doing the best we can, where you are, with what you've got.

This means, start by looking at what you can do around near where you are, within your budget. Is there a walking route or group you can join? Go along to a community garden? A local swimming pool? Dance class or walking netball? Free or low-cost activities you can join or do?



Get moving with

ACTIVE

EASTBOURNE & LEWES

Your local website for physical activity,
health and wellbeing.



Local Class Listings for all ages
and abilities



Physical Activity Events



Physical Activity Information

**Active today
Healthier tomorrow**



Scan me to
start your
journey



www.Active-el.org.uk



[@Active_Eastbourne_and_Lewes](https://www.instagram.com/Active_Eastbourne_and_Lewes)



Living Well

Magazine

FREE!

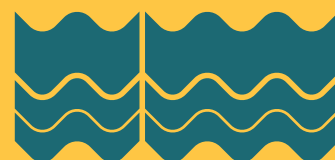
Personal stories, articles by experts, walks, hints and tips for ageing well and much more!

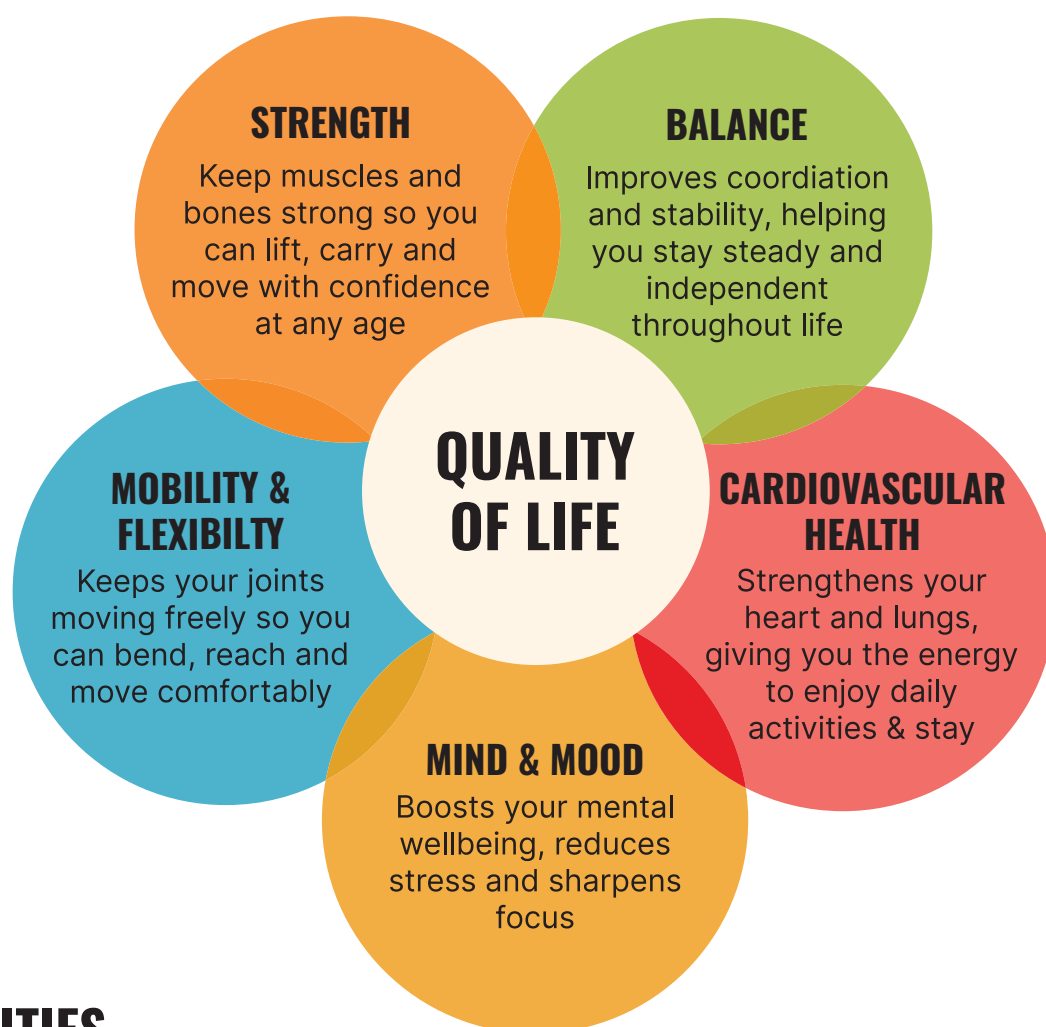
Available around the county in libraries, pharmacists, leisure centres and information centres.

COMING SOON!



East Sussex
County Council





ACTIVITIES

The offer of activities throughout this brochure is designed to help everyone get moving – whatever your age, background, or ability. From water sports that build fitness and confidence, to enjoying the outdoors through our green and open spaces, there’s something for everyone. We also recognise the importance of supporting mental wellbeing through our mind and mood sessions. Our disability-focused and women-only activities provide safe, inclusive spaces for all to be active. For those aged over 60, there are chair based sessions and walking sports to maintain strength, balance, and independence, while our programmes for ethnically diverse communities celebrate culture and connection through movement.



Water Sports

Activities: Sailing

Focus: Get out on the water and discover sailing, a fun and accessible way to enjoy the water

Why it matters: builds strength in your whole body - arms legs and core. Changing position regularly gives you a cardiovascular workout. Feel the benefits of fresh air to help focus and improve your mood.



Green and Open Spaces

Activities: walking, running, cycling, outdoor fitness, nature trails.
Focus: enjoy movement in a natural environment to boost physical health and mental wellbeing
Why it matters: Access to nature encourages regular activity and reduces stress



Mind and Mood

Activities: Yoga, Pilates, mindful walks, meditation
Focus: Activities that connect body and mind to improve and reduce anxiety
Why it matters: supports emotional wellbeing and resilience



Disability-Focused

Activities: Inclusive fitness classes, adaptive sport, seated exercise, wheelchair exercise.
Focus: designed to remove barriers to support participation for people with physical or learning disabilities.
Why it matters: promotes independence, confidence, and social inclusion through movement.



Women Only

Activities: group fitness, circuits, dance, strength training, walking groups
Focus: Safe, supportive spaces for women can build confidence and fitness at their own pace
Why it matters: Encourages participation and empowerment through community and share experience



Over 60s

Activities: Gentle fitness, walking, strength and balance, chair based exercise
Focus: supporting mobility, strength, and confidence to stay active and independent later in life
Why it matters: helps reduce falls, maintain bone health, and improve quality of life



ONE YOU EAST SUSSEX IS THE COUNTY'S FREE HEALTHY LIFESTYLE SERVICE FOR RESIDENTS. ALL OF OUR SERVICES ARE FREE AND ACCESSIBLE IN A NUMBER OF LOCATIONS.



LOSE WEIGHT

Access the very best support for free to help you make healthy lifestyle changes and unlock sustainable weight loss. Choose between gloji or MANvFAT to help you reach your goals.



Gloji

Try a fresh new way to lose weight. Use a digital weight loss programme with support that's right for you – by phone, in a group or alongside regular group exercise sessions.



MAN v FAT Football

Lose weight, play football. Join the UK's leading men's weight loss programme to find new mates and score goals on and off the pitch as you drop the pounds. (90% of players lose weight!)



BE SMOKE FREE

We've joined forces with gloji smoke free to help you stop smoking for good. Get full access to the 12 week digital programme alongside either face-to-face support or individual phone calls. Receive free e-cigarettes and nicotine patches as well as consistent mentorship from those who understand the struggle.



FREE NHS HEALTH CHECKS

This health check up, for those aged 40-74, identifies early signs of major health issues and provides risk-lowering advice. Eligibility criteria apply.



HOLISTIC HEALTH ASSESSMENT

Working one-to-one with our specialist health coach team you will receive an overall holistic health assessment personal to you. We look at various different things such as health and mental health. Our health coach team will then discuss with you the support that is available both within your local area and further afield.



HEALTH COACHING

Move More, Drink Less, Eat Well

With our Health Coach team, you'll receive support for moving more, drinking less or eating well. In one-to-one sessions with your own Health Coach, we'll set smart goals to help achieve your aims.



TRAINING

One You East Sussex also provides free training to organisations and people in the community. These range from Mental Health First Aid, Making Every Contact Count and Stop Smoking Advisor Training.

ONE YOU
EAST SUSSEX

01323 404600
oneyoueastsussex.org.uk
hello@oneyoueastsussex.org.uk

@OneYouESussex



BRINGING TOGETHER PHYSICAL ACTIVITY PROVIDERS

Driving positive change by reducing sedentary behaviour across Eastbourne Borough and Lewes District.



Networking



Connect
with others



Referral Network



Funding
Opportunities



Promote your
sessions

**Together for a more active
Eastbourne and Lewes**



www.Active-el.org.uk



@Active_Eastbourne_and_Lewes



Scan here to
start your journey



EASTBOURNE

well
edge





BOURNE TO SAIL

BEGINNER

Ever fancied giving Yacht sailing a try? Well now you can with Bourne to Sails Sailing Taster Special!

The session lasts for 3 hours and will be based in and around Eastbourne bay absorbing the picturesque coastline including Beachy head.

These taster sessions make an ideal Birthday or Christmas gift or are a great way to treat someone to something different.

Suitable to: 16+



COST

£50 offer for the dates listed, usually £75



DATE/TIME/LOCATION

Saturday 7th March - 9:30am - 12:30pm

Saturday 7th March - 13:30pm - 16:30pm

Lock side, Sovereign Harbour N, Pacific Dr, Eastbourne BN23 5BJ



BOOKING

Booking required



CONTACT

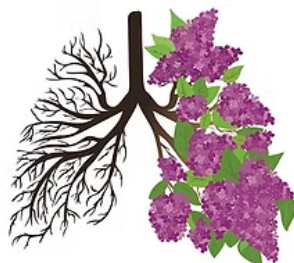
Tel: 07958610436

Email: info@bournetosail.co.uk

Web: bournetosail.co.uk

SCAN FOR WEBSITE





Breathe Easy Eastbourne

Support Group

BREATH EASY

BEGINNER

Tai Chi is low-impact movement, combining slow and flowing movements, with deep breathing and mental focus to reduce stress. It improves balance and improves your physical fitness.

What to Bring: Water bottle, weather-appropriate clothing and footwear

Suitable to: Adults 16+

Not suitable for: People with severe arthritis, adults with balance issues, beginners with limited physical fitness

Disability Access: Ramp access



COST

Free



DATE/TIME/LOCATION

Thursday 12th March - 14:00pm - 15:00pm
The Breathe Centre, 142 Whitley Rd, Eastbourne BN22 8LT



BOOKING

None required



CONTACT

Tel: 07969490379
Email: breatheeasyeastbourne@gmail.com
Web: www.breatheeasyeastbourne.org

SCAN FOR WEBSITE





STAY ACTIVE LONGER

ALL ABILITIES

Steady as you go: Balance and Stability Workshop

Has your balance felt a bit off lately? Discover what's really going on and how to take back control.

Join movement specialist Mary from Stay Active Longer to discover why our balance changes with age and what you can do about it, with practical techniques and gentle movements.

What to Bring: All abilities welcome, wear comfy clothes and flat shoes

Suitable for: Over 16+



COST

Free



DATE/TIME/LOCATION

Monday 16th March - 14:00pm - 15:00pm
The Gather, The Beacon, Opposite the fragrance shop,
Eastbourne, BN21 3NW



BOOKING

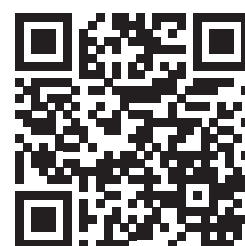
Booking required



CONTACT

Email: marymovesit@gmail.com
Web: www.facebook.com/MaryMovesIt

SCAN FOR WEBSITE





PARKRUN

ALL ABILITIES

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. parkrun is 5k and takes place every Saturday morning. parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.



COST

Free



DATE/TIME/LOCATION

- Saturday 14th March - 09:00am – 10:00am
St Wilfrid's Hospice Café, 1 Broadwater Way, Eastbourne, BN22 9PZ
- Junior parkrun: Sunday 15th March - 09:00am
King Edwards Parade, Eastbourne, East Sussex, BN21 4BY



BOOKING

None required



CONTACT

Email: Eastbourne -
eastbourne@parkrun.com
Web: www.parkrun.org.uk

SCAN FOR WEBSITE





GROUP WALKS AT BEACHY HEAD

INTERMEDIATE

We will offer free group walks around Beachy Head. We can offer various routes over the festival period so that people can join us multiple times if they would like to discover different areas around Beachy Head. There will be various routes, a circular route starting from Meads, another walking to Belle Tout Lighthouse and another going to Warren Hill Dew Pond. Walks will be around 1.5-2.5 hours.

What to bring: Water bottle, jumpers and layers to stay warm, waterproofs, suitable footwear (sturdy trainers or walking boots)

Suitable for: Adults aged 16+

Not Suitable for: Low mobility or fitness levels. The terrain is not suitable for wheelchair users so accessibility is restricted unfortunately. As there are steep hills involved in the walks, a decent level of fitness is needed.

Disability: No disabled access



COST

Free



DATE/TIME/LOCATION

- Saturday 14th March - 11:00am – 12:30pm
Meads to Beachy Head Circular Walk
- Sunday 15th March - 11:00am – 13:30pm
Circular Walk from Meads, via Warren Hill Dew Pond and Beachy Head



BOOKING

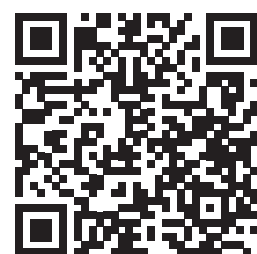
Booking required



CONTACT

Email: beachyheadambassadors@communityactioneastsussex.org.uk
Web: communityactioneastsussex.org.uk/bha/

SCAN FOR WEBSITE





Wheels for All

WHEELS 4 ALL

ALL ABILITIES

Wheels for All is a nationally recognised initiative, that embraces adults and children with disabilities and differing needs, to engage in a quality cycling activity. By using specially adapted cycles, the activities are both physically and mentally stimulating and above all fun for everyone involved. Come and try out our range of adapted cycles and find out more about what we can offer you, your family or group.

What to bring: Yourself, friends, weather appropriate clothing and suitable footwear!

Disabled access: Yes



COST

Free



DATE/TIME/LOCATION

Thursday 12th March - 9:30am -10:30am or 12:30pm - 13:30pm
Eastbourne Cycle Centre, Cross Levels Way, Eastbourne, BN21 2UF



BOOKING

Booking required



CONTACT

Tel: 07581 262556

Email: wheels4all@eastsussex.gov.uk

Web: www.eastsussex.gov.uk/roads-transport/roads/road-safety/cycle-driver-training/cycle/eastbourne-wheels-for-all

SCAN FOR WEBSITE





Eastbourne Trampoline

EASTBOURNE TRAMPOLINE

ALL ABILITIES

Exploring movement on a bouncy trampoline surface. Walking, jumping, learning skills and talking with others around.

What to Bring: Regular socks, hair bands and avoid jeans and jackets with zips.

Suitable for: +4

Not Suitable for: Those with Down syndrome that haven't been medically cleared. Medical checks apply.

Disability Access: yes, the facility is fully accessible but the activity requires the person to walk upstairs to the trampoline.



COST

Free



DATE/TIME/LOCATION

Sunday 22nd March - 10:00am -14:00pm
1 Denton Road, Eastbourne BN20 7SR



BOOKING

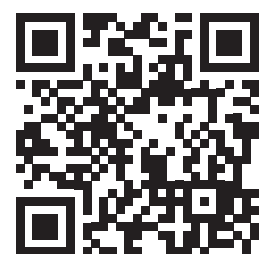
Booking required
eastbournetrampoline.com/contact-us/



CONTACT

Email: admin@eastbournetrampoline.com
Web: www.eastbournetrampoline.com

SCAN FOR WEBSITE





MOTCOMBE POOL

ALL ABILITIES

Motcombe Community Pool CIC warmly invites you to attend our drop-in information event, where we will be sharing plans for the new Motcombe Wellbeing Hub. The event is an opportunity for local residents, partners, and stakeholders to learn more about the Hub, what it will offer, and how it will support the wellbeing of the community. All welcome!

We are delighted to have Eastbourne's Mayor attending our event between 11:00am - 11:45am.

Suitable for: all ages

Disability Access: Ramp



COST

Free



DATE/TIME/LOCATION

Saturday 14th March - 10:00am – 16:00pm
St Mary's Parish Barn (Old Parsonage Barn), Church Street, Eastbourne, BN21 2PW



BOOKING

None required



CONTACT

Tel: 07479403354
Email: motcombe.cic@gmail.com
Web: www.motcombepool.org





ASSESSMENT AND REFERRAL APPOINTMENT

ALL ABILITIES

A 15-minute consultation and assessment to discuss the most suitable exercise pathway, including an introduction to our specialised classes and timetable. Our classes are designed to aid people with health conditions, physical, mental and emotional, to gain, re-gain or maintain activity to enable an individual to achieve their goals and make health improvement. Adaptations, regressions, and progressions are provided to ensure we are catering for all abilities, no matter what class you choose to participate in. A free day pass will be issued to try a session.

What to Bring: Participants do not need to bring any equipment. £1 coin for lockers.

Suitable to: Adults aged 16+

Disability Access: Lift



COST

Free



DATE/TIME/LOCATION

Wednesday 11th and 18th March - 10:00am - 11:00am
1 Denton Rd, Eastbourne BN20 7SS



BOOKING

Booking required



CONTACT

Tel: 01323 407400
Web: hillbrowhealthandwellbeing.org





FAMILY AND COMMUNITY FUN

ALL ABILITIES

Enjoy Weekend Family Swims. Includes 2 adults & up to 3 children. Grab your goggles and dive in! Our Family Swims at Hillbrow Health and Wellbeing are just £5.00 for 2 adults and up to 3 children – an unbeatable way to enjoy quality family time without breaking the bank. Our sessions may include floats or inflatables. They create the atmosphere of a bouncy castle party in the pool for children to jump, bounce and swim in.

Family Splash (includes inflatables!) – These fun-filled swims include floats or inflatables, creating the feel of a bouncy castle party in the pool! Children can bounce, jump, and swim their hearts out.

What to Bring: Swimwear, Towel, Swim nappies (for babies and toddlers not toilet trained) Optional items: Goggles, Water bottle, £1 coin for lockers.

Suitable to: Families

Disability Access: Lift



COST

£5



DATE/TIME/LOCATION

Saturdays - 14:30-15:30 family Swim & 15:30-16:30 Family Swim
Sundays - 12:30-13:30 Family Swim & 13:30-14:30 Family Swim
Sundays - 14:30-15:30 Family Splash (includes inflatables)
1 Denton Rd, Eastbourne BN20 7SS



BOOKING

Our family swim sessions are drop-in, so there's no need to book – just turn up and enjoy a splash-filled session



CONTACT

Tel: 01323 407400
Web: hillbrowhealthandwellbeing.org



WHY MOVEMENT MATTERS:



Heart Disease: 40% Physical activity has a strong effect in reversing the development of heart disease. (We have a 33% risk of developing this condition in our lifetime)



Blood Pressure (Hypertension): 52% Physical activity reduces the risk of developing hypertension. (We have a 72% risk of developing this condition in our lifetime)



Chronic Pain: 25-52% Physical activity leads to an improvement in pain conditions



All causes of mortality: 30% Risk reduction of all cause of mortality from physical activity is 30%



Stroke: 30% Physical activity reduces the risk of a stroke or mortality from a stroke by 20-40%. (We have a 17% risk of developing this condition in our lifetime)



Cancers: 25% breast cancer and 45% bowel cancer (We have a 13% risk of developing breast cancer and 6% risk of developing bowel cancer in our lifetime)



Falls in the elderly: 40% Physical activity benefits the reduction of falls, strength and balance exercises. (We have a 50% risk of developing this condition in our lifetime)



Major Fractures: 50% Mainly reducing falls. (We have a 35% risk of developing this condition in our lifetime)



Osteoporosis: 40% Reducing weak bones. (We have a 50% risk of developing this condition in our lifetime)



Osteoarthritis: 58% Physical activity reduces the risk of developing osteoarthritis. (We have a 14% risk of developing this condition in our lifetime)

AGED 40-74? FIND OUT ABOUT OUR FREE NHS HEALTH CHECK

ONE YOU
EAST SUSSEX

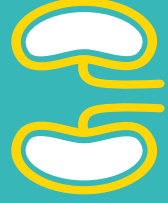
YOUR **FREE**
NHS HEALTH CHECK
COULD HELP
TO PREVENT



DIABETES



HEART
DISEASE



KIDNEY
DISEASE



STROKE &
DEMENTIA

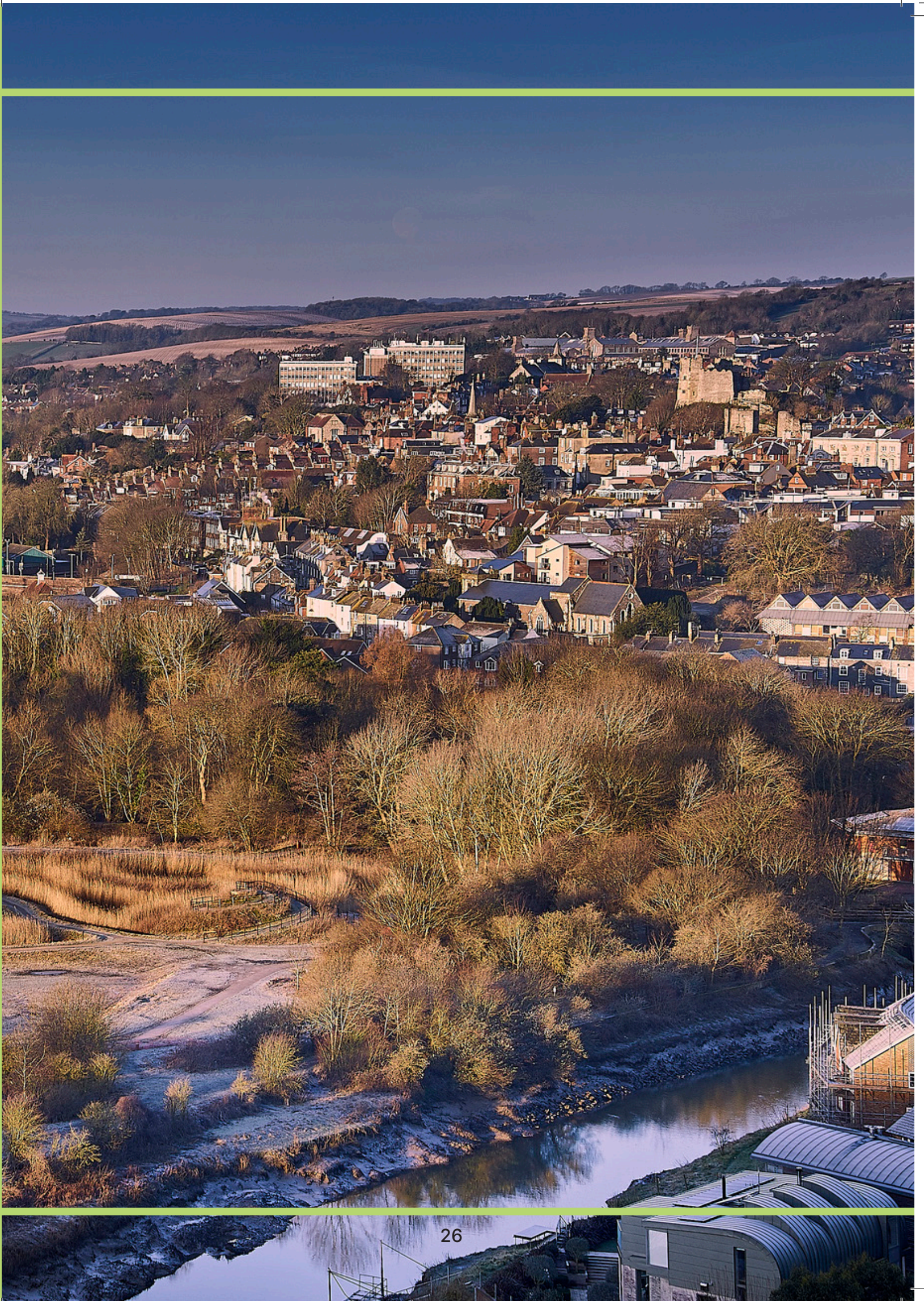


SCAN ME

TEL. 01323 404600



LEWES DISTRICT





EASY TONE FITNESS

ALL ABILITIES

Women Only Strength and Toning Circuit - Low impact Strength and Toning circuit consists of 10 unique machines. Each machine works a different area of the body providing a full body workout. Helping to Increase joint strength and bone density especially important for us ladies. Also will improve body tone and raise energy levels. Can help improve or prevent some health conditions suitable for even people that find walking difficult. A full body assessment will also be included to understand what goals participants want to achieve.

What to Bring: Water bottle, Socks

Suitable for: All adults including over 60s

Disability Access: There is access but no access to toilets



COST

Free

Offer: For those attending these sessions: If you take out a membership, you will receive £10 of the first month



DATE/TIME/LOCATION

Saturday 14th March - 10:00am – 11:00am or 11:00am – 12:00pm
Newhaven, BN9 9PD



BOOKING

Booking required



CONTACT

Tel: 07469949993

Email: easytonefitness@gmail.com

Web: www.easytonefitness.co.uk

SCAN FOR WEBSITE





SEAFORD COMMUNITY GARDEN

ALL ABILITIES

Within the garden there are many different areas including flower beds, vegetable plots, a polytunnel, a wildlife pond and a classroom where volunteers share a tea break, either inside or outside depending on the weather. Regular topics for conversation range from what in the garden has been successful, future planting plans, possible new projects – as well as what is going on in the town. The joy of a community garden like this one is the lively company which makes even weeding fun.

What to Bring: Comfortable clothing, which can get dirty, gloves

Suitable for: Over 16+

Disability Access: There is access but no access to toilets



COST

Free



DATE/TIME/LOCATION

Saturday 14th March - 09:30am – 12:00pm
11 East St, Seaford BN25 1AD



BOOKING

None required



CONTACT

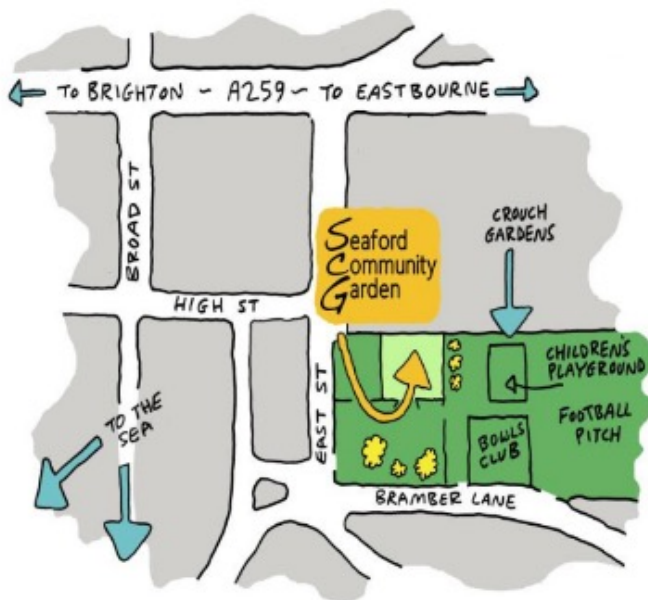
Tel: 07534426304
Email: seafordcommunitygarden@gmail.com
Web: renaturingseaford.org/seaford-community-garden/





**Open on Wednesdays all year round
9.30 am – 12.30 pm**

**And Saturdays in July and August 9.30 am – 12 noon
Volunteers and Customers welcome**



**Plants and
produce for sale**



email: seafordcommunitygarden@gmail.com

website: <https://renaturingseaford.org/seaford-community-garden/>

facebook: [@seafordcommunitygarden](https://www.facebook.com/seafordcommunitygarden)

SMALL MOMENTS, BIG CHANGES

Improving your health doesn't have to be overwhelming – it starts with small moments.

Our FREE healthy lifestyle services are here to help you create these “moments of health” in your daily life. From free tools and resources to expert support, we'll guide you toward sustainable changes that fit your routine.

HERE'S HOW WE CAN HELP:



Build healthier eating habits



Move more in ways you enjoy



Cut back on smoking or drinking

Your journey to better health can start today.

 01323 404600

 hello@oneyoueastsussex.org.uk

 www.oneyoueastsussex.org.uk



**SCAN ME
TO VISIT
OUR WEBSITE**





ZARA YOGA AND PILATES

ALL ABILITIES

Join a free class to embracing Pilates and yoga, no matter your age, body type, fitness level, or background. The world of Pilates and yoga is vast and diverse, just like the people who practice it. There is a style, a modification, and a community for you. Welcome. Your mat is waiting. (Bring a mat)

What to Bring: Bring a Mat

Disability Access: There is ramp access to the building



COST

Free - Discount on block sessions



DATE/TIME/LOCATION

- Yoga- Suitable to: 60+
Saturday 14th March - 08:30am – 09:30am
Mencap
- Pilates - Suitable to: Teen family and adults
Saturday 14th March - 10:00am – 11:00am
Mencap



BOOKING

Booking required



CONTACT

Tel: 07532418542
Email: zarano1@msn.com
Web: www.zarayogapilates.co.uk





PARK RUN

BEGINNER

Malling Rec parkrun is a free community health, wellbeing and happiness event delivered in the form of a 5K walk, jog or run, with added opportunities to volunteer. Your chance to get outdoors, be active and meet your neighbours. Open to all ages 4 and up.

What to Bring: Don't forget to bring along a scannable version of your personal parkrun barcode (which you can download after you register). Depending upon the weather, you may want to bring water to drink, something warm to wear before or after your parkrun and/or a full change of shoes/socks/clothes

Disability Access: Wheelchair users are welcomed but are advised to email the event team first (mallingrec@parkrun.com) in order to talk through the details of the course so that the wheelchair-user can decide for themselves whether or not they feel it is suitable for them. England Athletics-licensed Guide Runner available to support blind and partially sighted people



COST

Free



DATE/TIME/LOCATION

- Saturday 14th March - 9:00am – 10:00am
Lewes - Malling Recreation Ground, Spences Lane, Lewes, East Sussex, BN7 2HQ
- Junior parkrun - 9:00am
Peacehaven - Centenary Park, Piddinghoe Avenue, Peacehaven, BN10 8RJ



BOOKING

No need to book, but do register yourself (for free) before you first come along:
www.parkrun.org.uk/register/



CONTACT

Email: mallingrec@parkrun.com
Web: www.parkrun.org.uk

SCAN FOR WEBSITE





WHITTFIT

ALL ABILITIES

90-minute visit to try out our gym. 20-30 minutes will be spent giving the attendee a short introduction to some of our machines. They will then have an hour to workout.

What to Bring: Gym attire, water bottle.

Suitable to: Over 16+

Disability Access: Lower level accessible



COST

Free - Offer: Our Small Group training membership will be on offer at 10% off if they sign up before 31st March 2026.



DATE/TIME/LOCATION

Thursday 12th March: 6:00am -7:15am, 12:00pm - 13:30pm,
15:00pm - 17:00pm, 19:00pm - 20:30pm

Friday 13th March: 14:00pm - 15:30pm

Saturday 14th March: 11:30am - 13:00pm

Whittfit Training Gym, 1a Blatchington Road, Seaford, BN25 2AB,



BOOKING

None required



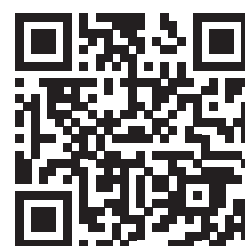
CONTACT

Tel: 01323 304473

Email: info@whittfittraining.co.uk

Web: www.whittfittraining.co.uk

SCAN FOR WEBSITE





STAY ACTIVE LONGER

ALL ABILITIES

Steady as you go: Balance and Stability Workshop

Has your balance felt a bit off lately? Discover what's really going on and how to take back control. Join movement specialist Mary from Stay Active Longer to discover why our balance changes with age and what you can do about it, with practical techniques and gentle movements.

What to Bring: All abilities welcome, wear comfy clothes and flat shoes

Suitable to: Over +16



COST

Free



DATE/TIME/LOCATION

Friday 13th March - 14:30pm – 15:30pm
Community House, Meridian Centre, Meridian Way,
Peacehaven, BN10 8BB



BOOKING

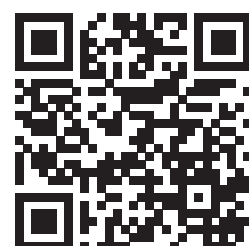
Booking required



CONTACT

Email: marymovesit@gmail.com
Web: www.facebook.com/MaryMovesIt

SCAN FOR WEBSITE





BIKE SESSION - NEURODIVERGENT PEOPLE

ALL ABILITIES

Try a Bike session for Neurodivergent People - A slower paced session for any neurodivergent people who would like to try a bike in a safe and supported group. This session is open to all ages and abilities and trainers will be available to offer one to one support. This session will be flexible and adapted to meet individual needs and it's fine to arrive late. Bikes and helmets will be provided (helmets are optional)

Suitable to: All ages



COST

Free



DATE/TIME/LOCATION

Friday 13th March - 13:15pm - 14:45pm
The MUGA Court at Centenary Park (The Big Park),
Piddinghoe Avenue, Peacehaven, BN10 8RH



BOOKING

Booking required



CONTACT

Tel: 07768424363
Email: lucy.dance@walkwheelcycletrust.org.uk

SCAN FOR WEBSITE





WALK WHEEL CYCLE TRUST

BEGINNER

Try a Bike for Beginners - A session for beginners to come and try a bike in a safe and supported environment. This session is open to all ages and trainers will be available to offer guidance and support on a one to one basis. Bikes and helmets will be provided.

Suitable to: All ages



COST

Free



DATE/TIME/LOCATION

Friday 13th March - 09:30am - 10:45am
The MUGA Court at Centenary Park (The Big Park),
Piddinghoe Avenue, Peacehaven, BN10 8RH



BOOKING

Booking required



CONTACT

Tel: 07768424363

SCAN FOR WEBSITE





FAMILY TRY A BIKE FUN SESSION

ALL ABILITIES

A try a bike session for families to ride together in an enclosed space, develop cycling skills and have fun. This session is open to all parents/carers and children to attend and ride together. Trainers will be available to support riders and bikes / helmets will be provided. This session is drop in, but please arrive by 4.30pm at the latest.

Suitable to: Families



COST

Free



DATE/TIME/LOCATION

Friday 13th March - 15:30pm - 17:00pm (last entry 30 mins before the end of the session) Referral
The MUGA Court at Centenary Park (The Big Park), Piddinghoe Avenue, Peacehaven, BN10 8RH



BOOKING

Booking required



CONTACT

Tel: 07768424363
Email: lucy.dance@walkwheelcycletrust.org.uk

SCAN FOR WEBSITE





WUTAN QI GONG AND TAI CHI

BEGINNER

Qi Gong and Tai Chi - Qi Gong is slow, gentle movement performed standing or seated. An ancient practice rooted in Chinese Medicine. It helps to improve mobility, boost immunity and relaxes the body and mind.

Tai Chi is often called meditation in movement and generally practiced slowly, in a relaxed way, focusing on the breath. Although it is rooted in martial arts, many people enjoy this form of exercise for its numerous health benefits.

Suitable to: Adults aged 16+



COST

Free for Fit for All Festival



DATE/TIME/LOCATION

- Saturday 14th March – 8:50am – 9:45am
Mercread Youth Centre, Mercread Rd, Seaford, BN25 1AB
- Saturday 14th March – 10:15am – 11:15am
Crouch Gardens (in-front of Seaford Community Garden) Seaford
Peace Garden 11 East St, Seaford, BN25 1AD
- Tuesday 17th March – 9:00am - 10:00am
St Peter the Apostle Church, Belgrave Rd, Seaford, BN25 2HE
(Only 4 free spaces available as part of Fit for All)



BOOKING

Booking required – see contact details



CONTACT

Tel: 07971 296698

Email: audramarshall@icloud.com



The School Of
Energy Alignment

ENERGY ALIGNMENT - MIND & BODY

ALL ABILITIES

Chi Gong builds clarity on the principles of energy, awareness and internal development using simple, accessible movements and guided intention. Then, increase vitality, calm the mind, transform emotional patterns and build a deep connection to their own internal power.

Tai Chi is a slow, flowing movement practice that develops strength, balance, mobility and energy awareness. The focus is on making the body healthier, the mind quieter, and your energy more centred, stable and aligned.

What to Bring: Nothing

Suitable to: 16+

Disability Access: No disabled access



COST

£10+



DATE/TIME/LOCATION

Monday 16th March - 18:00pm -19:00pm
57 Blatchington Rd, Seaford, BN25 2AF



BOOKING

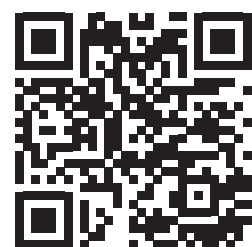
Yes - 3 spaces available for this class to Fit for All participants! Book with Jon and use the code #FitForAll



CONTACT

Tel: 07715664228
Email: Jon@energyalignment.co.uk
Web: energyalignment.co.uk/contact/

SCAN FOR WEBSITE





The School Of Energy Alignment

ENERGY ALIGNMENT - STRENGTH & SWEAT

BEGINNER

Tai Chi and Qigong

Chi Gong builds clarity on the principles of energy, awareness and internal development using simple, accessible movements and guided intention. Then, increase vitality, calm the mind, transform emotional patterns and build a deep connection to their own internal power.

Tai Chi is a slow, flowing movement practice that develops strength, balance, mobility and energy awareness. The focus is on making the body healthier, the mind quieter, and your energy more centred, stable and aligned.

Suitable to: Chi gong is suitable for anyone; tai chi is for anyone who can stand – I can tailor the sessions specifically to the abilities of the people attending.

Disability Access: No disabled access



COST

£10+

3 spaces are available for this class for Fit for All participants! Book with Jon and use the code #FitForAll.



DATE/TIME/LOCATION

Monday 16th March - 18:00pm - 19:00pm
57 Blatchington Road Seaford BN25 2AF



BOOKING

Booking required



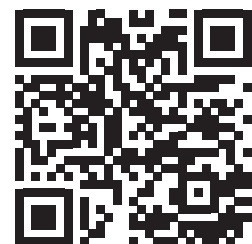
CONTACT

Tel: 07715664228

Email: Jon@energyalignment.co.uk

Web: energyalignment.co.uk/contact/

SCAN FOR WEBSITE





WAVE ACTIVE

ALL ABILITIES

(Seaford, Lewes, Peacehaven, Newhaven, Ringmer, Eastbourne Sports Park, Hampden Park Sports Centre, Shinewater Sports Centre)

What's included?

- Access to the gym with equipment for all abilities across the sites
- 30-minute tour with a qualified fitness instructor (optional and pre booking needed)
- Swimming at any of our pools in Lewes, Seaford Head , Newhaven and Ringmer
- A variety of classes led by qualified instructors at Lewes, Seaford, Newhaven, Peacehaven and Eastbourne .
- Racket sessions - Eastbourne sites *

What to Bring: waveactive.org/search/etiquette/ - £1 coin for lockers.

Suitable to: Aged 18+

Disability Access: Visit: waveactive.org/policy/accessibility-at-wave/



COST

Free Day Pass



DATE/TIME/LOCATION

Choose a day that works for you, subject to class availability. Simply complete the entry form
Various sites across Eastbourne and Lewes District



BOOKING

Booking required



CONTACT

Contact: waveactive.org/contact-us/
Web: waveactive.org





CHAILEY HERITAGE FOUNDATION

ALL ABILITIES

Disability based adapted games session. All sessions for people with disabilities with all disability with all related facilities required on site

What to Bring: No need to bring anything along

Suitable to: Only available to people with disabilities

Disability Access: Yes



COST

Free



DATE/TIME/LOCATION

- Friday 13th March - 14:00pm – 15:00pm. Disability based adapted games session (8 space available)
- Friday 13th March - 15:00pm - 16:00pm. Fun disability-based circuit training session (8 spaces available)
- Dream Centre, Chailey Heritage Foundation, North Chailey, BN8 4EF



BOOKING

Booking required – several days in advance



CONTACT

Tel: 01825 723723

Email: activityplace@chf.org.uk

Web: chf.org.uk/services/lsc-overview/fitness-activities/

SCAN FOR WEBSITE





STRENGTH AND SWEAT

BEGINNER

A 45 minute circuit class aimed at beginners so suitable for all abilities.

What to Bring: Water bottle is advised and suitable clothing

Suitable to: Adults 16+

Disability Access: Ramp



COST

Free - 20% discount vouchers will be available to use after the event



DATE/TIME/LOCATION

Saturday 14th March - 11:30am - 12:15 pm
Lewes and Newhaven Mencap, Riverside House, W Quay,
Newhaven BN9 9BP



BOOKING

None required



CONTACT

Tel: 07859 939496
Email: BNhealthandfitness@gmail.com
Web: www.bnhealthandfitness.com





HEALTH EATING ADVICE

BEGINNER

At BN Health and Fitness, we believe that great nutrition is the foundation of a healthier, more energetic you. Whether you want to lose weight, build muscle, boost your energy, or manage a medical condition, our expert nutritionist services are designed to support your unique needs and lifestyle.

Suitable to: All age groups

Disability Access: Lift



COST

Free - 20% discount vouchers will be available to use after the event



DATE/TIME/LOCATION

Friday 13th March



BOOKING

None required



CONTACT

Tel: 07859 939496
Email: BNhealthandfitness@gmail.com
Web: www.bnhealthandfitness.com





MANvFAT NEEDS YOU!

BMI OF 27.5 OR OVER?

**JOIN A COMMUNITY
OF LIKE MINDED MEN
JUST LIKE YOU,
LOOKING TO LOSE
WEIGHT AND
READY TO ENJOY
THEIR FOOTBALL!**



FUNDED PLACES AVAILABLE



**ONE YOU
EAST SUSSEX**

MAN V FAT EASTBOURNE

**EASTBOURNE BOROUGH FOOTBALL
CLUB, PRIORY LN, BN23 7QH
WEDNESDAY 8.00PM TO 10.00PM
WEIGH-INS FROM 7:30PM**

MAN V FAT FALMER

**FALMER SPORTS COMPLEX,
UNIVERSITY OF SUSSEX, BN1 9PJ
MONDAY 8.00PM TO 10.00PM
WEIGH-INS FROM 7:30PM**

MAN V FAT HASTINGS

**STLEONARDSACADEMY,
EDINBURGH ROAD, TN38 8HH
FRIDAY 7.00PM TO 9.00PM
WEIGH-INS FROM 6:30PM**

MANvFAT FOOTBALL

HEAD TO: [MANVFAT.COM/FUNDED/EAST-SUSSEX](https://manvfat.com/funded/east-sussex)

STRENGTH MADE SIMPLE

BEGINNER

Join me at Sophie's for a session focused on simple, effective exercises that build real functional strength and confidence. We'll work through movements that help you feel stronger, improve balance and make everyday activities easier, all in a welcoming, supportive environment. This is a chance to try something new, move your body and leave feeling capable and energised, no matter your current fitness level!

What to Bring: Some water!

Suitable to: All abilities - Women aged 30+ who are new to strength training or looking for a gentle introduction.

Disability Access: No disability access



COST

Free



DATE/TIME/LOCATION

- Saturday 14th March - 10:30am - 11:15am
3-4 people in a group
- Saturday 14th March - 11:30am - 12:15pm
3-4 people in a group



BOOKING

Booking required



CONTACT

Tel: 07897 108388

Email: sophie@sophiebrownpt.com

Web: sophiebrownpt.com

SCAN FOR WEBSITE



ACTIVE
EASTBOURNE & LEWES



ONE YOU
EAST SUSSEX

FIT FOR ALL FESTIVAL 2026



One You East Sussex
1 Faraday House
Faraday Close
BN22 9BH

ActiveEastbourneLewes@OneYouEastSussex.org.uk
www.Active-EL.org.uk