

## **FIT IMPS**



### **WHAT IS THE “FIT IMPS” PROGRAMME?**

It's a healthy lifestyle programme. Workshop support follows 45 minutes of physical activity for all abilities. It's targeted at all men and women who are looking to lose weight, get fitter and lead a more active life. Participants learn how to make better choices to improve their health and lifestyle. They will be joined on their journey by fellow classmates, with everyone benefiting from the support provided by Lincoln City Foundation staff.

### **WHEN AND WHERE ARE “FIT IMPS” CLASSES HELD?**

- On Mondays, from 6.00pm to 7.30pm, in the Co-op Community Hub, behind the Stacey West Stand at the LNER Stadium, Sincil Bank, Lincoln LN5 8LD.
- On Wednesdays, from 10.00am to 11.00am, at the Moorland Community Centre, Moorland Avenue, Lincoln LN6 7NH.
- On Thursdays, from midday to 1.00pm, at Choices Health Club, Kempton Way, Dysart Road, Grantham NG31 7LE.

### **HOW MUCH DO “FIT IMPS” CLASSES COST?**

At the Moorland Centre and at Choices Health Club, the first session is always free and then it's £3 per session. At the LNER Stadium, the first 12 sessions are free and then it's £3 per session.

### **HOW CAN I BOOK “FIT IMPS” CLASSES OR FIND OUT MORE ABOUT THEM?**

Please either complete the online form at <https://www.lincolncityfoundation.com/fitimps> or call 01522 563792 or email [enquiries@lincolncityfoundation.co.uk](mailto:enquiries@lincolncityfoundation.co.uk).

### **HOW CAN DONATIONS BE MADE TO HELP THE “FIT IMPS” PROGRAMME?**

There are numerous ways to support the Foundation financially, including before all home games via a collection bucket that can be found in the Trust's Pod in the University of Lincoln Fan Village.