

Meeting	Parks & Open Spaces Committee
Date	4 th Aug 2026
Report Title	Outdoor Fitness Instructor Classes Request
Agenda Reference	12c
Author	Laura Cutter, Deputy Clerk, HR & Services Manager

Officer's Recommendations:

- 1. To note the report, the request received, and the different play areas proposed.**
- 2. To consider whether to further support and promote the outdoor fitness initiative.**

Background

A local fitness instructor has sought permission to run outdoor exercise-to-music classes for adults, specifically aimed at mums with young children, during the summer months. The instructor has run similar classes for several years, mainly in community halls, with some outdoor sessions during summer. The proposed outdoor sessions are intended to help parents exercise without needing childcare and to provide an opportunity for newer mums to meet other parents locally.

The instructor asked whether there is a suitable flat and accessible public open space within the area that could be used for morning classes. Suggested locations included the Havisham Drive, Queen Elizabeth Drive, and White Eagle Road play areas. The instructor confirmed that they are fully insured and hold the necessary music licence for their classes.

Response

This proposal has been welcomed as a positive community activity. The instructor was advised that, before any sessions take place, they should engage with residents living close to the proposed location so that neighbours are aware of the activity and have an opportunity to raise any concerns. HWPC also requested copies of the instructor's relevant licences, insurance details and risk assessments to be held on record.

Consideration of locations

White Eagle Road play area was recommended to the instructor, as this is designated as the community sporting hub; it already includes outdoor fitness and recreation facilities and is less overlooked by nearby residential areas.

This location also aligns with HWPC's wider aims for community sport and wellbeing.

As White Eagle is also close to Primrose Close play area which is being developed into a toddler-friendly space, this could support parents attending with young children.