



SCAN ME

TUESDAY

10:00am - 12:00pm

Dartmouth Park Pavillion, B71 4AA

TUESDAY

5:30pm - 7:00pm

WBA Community Sports Hall, B71 4LG

WEDNESDAY

5:30pm - 7:00pm

West Smethwick Park Pavillion, B67 7JJ



Fit Baggies is a 10-week Health, Fitness and Lifestyle programme for the Sandwell Community run by The Albion Foundation.

The Fit Baggies is free to join and is open to Sandwell residents who meet the following criteria:

- Age 18+
- Body Mass of 25+

The goal of Fit Baggies is to reach inactive people whose health will benefit from becoming more active and changing their eating and drinking habits.

RETURNS JUNE 2024



Be part of our Family