

TRUSTEES REPORT

Year 2024/25 has been successful for The Fitzone Foundation as we have had over 7500 connections through our activities.

The activities we delivered include:

- Womens Weight Training
- Yogalates
- Ladies resistance Bands
- Metafit
- Dancefit
- HIIT
- Mens Group
- Womens Group Menopause Support Group
- Open Gym

The above activities would occur weekly with some occurring more than once a week.

Added in the year past included the Community Gym programme for small groups who would be new to exercise and the gym environment and through this, some service users now attend the weekly activities.

The mens and womens groups enjoyed day trips as well as information workshops.

With our partnership with SRC, we recruited new volunteers who completed the Level 2 Gym Instructor course which allowed us to open the Open Gym more often for the community.

CAMHS have formed a good partnership with The Fitzone Foundation and this involves key workers bringing the young person with autism to the gym to do physical activity but we have also facilitated group work with CAMHS for young people with autism.

Overall, it has been a busy and successful year for The Fitzone Foundation.



