

Get Help to Get Active



Classes and activities in the
Waveney area

Active
wellbeing



One
Life
Suffolk



Get Help to Get Active

We offer specific support to **help physically inactive adults** with long-term health conditions* to become more active.

Our **FREE** Active Wellbeing programme offers **12 months** of tailored support which can improve your general wellbeing and enhance your quality of life.

“I think it’s a **great service** to get more people physically active as the benefits that I’ve experienced are **amazing!**”

* Eligible health conditions

- Cardiovascular disease
- Type 2 diabetes
- Cancer or have been treated for cancer



www.onelifesuffolk.co.uk

If you’re aged 16 and over **CALL US NOW** to find out how we can help you!

01473 718193

General Activities Suitable for all Clients

Aqua Aerobics

£ 5


A low impact, but powerful exercise to music class, using the water and equipment to create both resistance and support. Mostly aged 50+ Pleasant, warm pool at 29/30 degrees. Can undertake class at own pace. Palms Health Club, Hopton-on-Sea, NR31 9BX. Monday 9.30-10.15am and 7.15-8pm. Wednesday 10.30-11.15am. Thursday 7.30-8.15pm. Friday 8.15-9.15am.

 Hannah Gook 01502 734869

Aquacise

£ 5-7

A low impact, but powerful exercise to music class, using the water and equipment to create both resistance and support.

 Bungay Leisure Centre, NR35 1PH. Monday 8.15-9am, Tuesday 9.15-10am and 10.15 – 11am and Friday 9.15-10am and 10.15 – 11am. Sam Ramond 01986 895014

 Waterlane Leisure Centre, Lowestoft, NR32 2NH on Monday 12-1pm and Wednesday 8-8.45pm. 01502 532540.

 Beccles Lido, NR34 9PL on Monday 10-10.45am. 01502 713297.

Aqua Circuits

£ 7

For those who prefer a more targeted workout. Aqua Circuits is the aquatic equivalent to circuits in the gym. Based on a range of activities and movements, participants use equipment such as weights and specialised floats and move between stations to tone specific muscle groups. A great aerobics class but this time in the pool.

 Waterlane Leisure Centre, Lowestoft, NR32 2NH on Wednesday 12-1pm and Thursday 2.45 - 3.45pm. 01502 532540.

Archery

£ 2

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. Our tutored Archery sessions are fun, exciting and rewarding; superb for improving your hand-eye coordination and a good social experience. Holly Garden Nursery, Blundeston on Wednesday 10.30 - 11.30am and Saturday 2-3pm.



Alex Bond 07904 538939

Badminton

£ 2

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. The aim of the Badminton sessions is to offer individuals over 50 years of age the opportunity to practice and play within a small group, assisted by a coach to improve and develop their game. The coach is qualified to Level 2 and will include individual skill development and game play into the session. Waterlane Leisure Centre, Lowestoft, NR32 2NH. Thursday 9.30-10.30am.



Alex Bond 07904 538939

Boccia

£ 3

Similar to bowls and petanque, Boccia is ideal for people with more limited mobility. A friendly and sociable session at Waterlane Leisure Centre, Lowestoft, NR32 2NH. Wednesday 4.30-5.30pm.



Ross Munro 07787 150640

Booty Barre

£ 5

A class combining pilates and ballet. Moderate exercise class but can work at own level. Palms Health Club, Hopton-on-Sea, NR31 9BX. Monday 5.45 – 6.45pm and Friday 9.15-10.15am.



Hannah Gook 01502 734869

Burlexercise

£ 2

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. Burlexercise is an exclusive women-only class that allows you to have fun, feel feminine and confident... without compromising your fitness result. The class is inspired by traditional burlesque showgirl moves and promises an all over body workout! The Kirkley Centre, Lowestoft, NR33 0AZ on Wednesday 7-7.45pm and at Boston Lodge, Lowestoft, NR32 IUG on Thursday 9.30-10.15am.

 Alex Bond 07904 538939

Clubercise

£ 4

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. Clubbercise® is simple, fun dance fitness routines using glow sticks to club anthems from 90's classics to the latest chart hits taught in a darkened room with disco lights. Because of the high and low impact options Clubbercise dance fitness classes are great if you're a beginner. Red Oak Primary School, Lowestoft, NR33 0RZ on Wednesday 7-7.45pm.

 Alex Bond 07904 538939

Circuits - gentle

£ 2

Fun, social and enjoyable classes designed for the over 55s at Waterlane Leisure Centre, Lowestoft, NR32 2NH on Monday 2.15-2.45pm.

 Alex Bond 07904 538939

Chair-based exercise

£ 2-5

Gentle, social classes suitable for those with more limited mobility. Also known as seated exercise this low level exercise class is aimed at improving range of movement, strength, flexibility and balance. Participants can take part either seated or standing or combine the two.

Apple Tree Close (sheltered housing), Lowestoft, NR33 0LS. Thursday 9-10am.

Sir Morton Peto House, Lowestoft, NR33 0QJ. Tuesday 2.30-3.30pm.

Pakefield Church Hall, Pakefield, NR33 7DB. Monday 10.30-11.30am.



Jon Register 07941 303956



Also Gunton Baptist Church, Lowestoft, NR32 4AZ on Wednesday 2-3pm and Trinity Methodist Church, Lowestoft, NR32 4HU on Wednesday 2-2.45pm. Alex Bond 07904 538939

Dancing – Line

£ 5

Beginners always welcome, come and have fun! Uplands Community Centre, Carlton Colville, NR33 8SJ. Thursday 8-9.30pm.



Norma Read 07513519425

Dancing – Strut

£ 5

A bouncing moderate dance class but can work at own level. Palms Health Club, Hopton-on-Sea, NR31 9BX. Tuesday 7.20-8.20pm and Friday 9.15-10.15am.



Hannah Gook 01502 734869

Easy Line

£ 6

A specialised gentle gym equipment session using push and pull methods, all seated, work at own pace. Seasons Health Club, Beccles, NR34 9TR on Wednesday 11.30-12.30pm.

 Simon Cook 01502 470 999

Foot- Golf

£ 2

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. Foot-Golf uses the same rules as golf but instead of using a club players kick a football into a hole. There are hazards and obstacles along the way helping make the game fun and enjoyable for everyone. Dip Farm, Blundeston, NR32 4PR on Friday 1-2pm.

 Alex Bond 07904 538939

Golf – coaching

£ 3

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. The Beginners Golf is aimed at those with little or no experience, but want to try a new sport while enjoying the great outdoors and making new friends. On this 10 week course you will learn all the basic skills required to play the game in a fun and relaxed environment. Golf is a great way to meet new people, get fit and enjoy the great outdoors. Rookery Park Golf Club, Carlton Colville, NR33 8HJ on Thursday 10.30 - 11.30am and at Caldecott Hall, Bradwell on Tuesday 6.30-7.30pm.

 Alex Bond 07904 538939

Flex and Tone

£ 5

A short warm up is followed by toning exercises with a light resistance; the main part of the class is pure stretching with relaxing music. This class is great to work on your flexibility. Bungay Leisure Centre, NR35 1PH on Wednesday 9.15-10am.

 Sam Ramond 01986 895014


Hockey – ‘back to’ sessions 2

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. If you're new to the game or haven't played for a while, Back to Hockey could be for you! You will be introduced back to the game by mixing in some skills exercises with some small sided game play (eg 5v5, 6v6). However the emphasis is on a friendly and relaxed environment without the pressure to perform. It's an opportunity to get fitter and make new friends. The idea is to introduce you gently back into the game, so aiming to improve your fitness and confidence as the weeks go on. If you feel a part of the session is too much for you, you can sit or stand out and re-join when you feel able too. East Point Academy Astro, Lowestoft, NR33 0UQ on Tuesday 6.30-7.30pm.

 Alex Bond 07904 538939

Kettlercise 2

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. Kettlercise is a body transformation and toning class using lightweight kettlebells. It is a combination of up to 37 exercises that last one minute each. The Kirkley Centre, Lowestoft, NR33 0AZ on Wednesday 8-8.45pm and at Boston Lodge, Lowestoft, NR32 1UG on Thursday 10.30-11.15am.

 Alex Bond 07904 538939

Keep Fit – low impact

£ 4 - 10

Gentle all round exercise class designed for all to have some fun with friends, socialise and enjoy exercise. Mostly 50+.

-  Bannatyne's Health Club. Lowestoft, NR32 2ED on Monday 10.30-11.30am.
0844 477 4777
-  Uplands Community Centre, Carlton Colville, NR33 8SJ on Friday 10-11am.
Norma Read 07513519425
-  Carlton Coalville Community Centre, Carlton Colville, NR33 8AD on Tuesday 1.45-2.45pm. Norma Read 07513519425

KTroo Rebound Fitness

£ 3

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. KTroo uses rebound boots that absorb impact by up to 80%. It means that participants can safely get a cardio workout whilst toning and activating the core, hip & leg muscles like never before. It's an invigorating workout like no other and will leave you energised without the post-exercise aches. KTroo Rebound Fitness is appropriate for all fitness levels. It may look hard to start with, but by just standing in the boots you will find you will be working your core muscles. Its low impact (up to 80% less) so enables people with joint conditions to join in as well. Red Oak Primary School, Lowestoft, NR33 0RZ on Monday 10-10.45am and Boston Lodge, Lowestoft NR32 1UG on Tuesday 7-7.45pm.

-  Alex Bond 07904 538939

New Age Curling

£ 2

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups This is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. It allows everyone to play on an equal level, and requires no strength or physical fitness. The Kirkley Centre, Lowestoft, NR33 0AZ on Wednesday 5.45 - 6.45pm and Trinity Methodist Church Hall, Lowestoft, NR32 1HU on Wednesday 3-4pm

-  Alex Bond 07904 538939

Pickleball

£ 2


Part of Lowestoft O-Go-Go- young mums, 55+ and 70+ age groups. This session aimed at 50+. Pickleball is a fun sport with many elements of tennis, badminton & table tennis. It is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn and enjoy. It can be played both indoors and outdoors on badminton sized court and a slightly modified tennis net. Waterlane Leisure Centre, Lowestoft, NR32 2NH on Wednesday 7.30 -9.30pm.

 Alex Bond 07904 538939

Pilates

£ 2-9

A system of physical conditioning involving low impact exercises and stretches, sometimes performed on specialist equipment.

-  Oulton Community Centre, Lowestoft, NR32 3AZ. Monday 9.30- 10.30am, 10.30-11am and Wednesday 9-10am Helen Pybus 07814 651740
-  Elm Tree Primary School, Lowestoft, NR33 9HN. Wednesday 6-7pm, 7-8pm and Thursday 7-8pm. Helen Pybus 07814 651740
-  Venue of Performing Arts, Lowestoft, NR33 9NA. Tuesday 10.45-11.45am. Helen Pybus 07814 651740
-  Stella Peskett Hall, Southwold, IP18 6BE. Tuesday 9-10am. Helen Pybus 07814 651740
-  Rugby Club, Southwold, IP18 6TB. Thursday 10.45-11.45am Helen Pybus 07814 651740
-  Wrentham Village Hall, NR34 7HJ. Wednesday 6-7pm. Helen Pybus 07814 651740
-  Huntingfield Village Hall, Halesworth, IP19 0QH. Tuesday 10.35 - 11.35am. Nikki Hambling 01986 798038
-  The Cut, Halesworth, IP19 8BY. Tuesday 6.30-7.30pm, Wednesday 11.30-12.30pm, and Thursday 5.15 - 6.15pm and 6.30-7.30pm. Kat Hesse 01728 638604.
-  The Kirkley Centre, Lowestoft, NR33 0AZ. Wednesday 7.30-8.30pm. Alex Bond 07951 019456.

Powerhoops

£ 2

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. Powerhoop is the ultimate in fun, hooping fitness. It gives an added new twist to an 'old school fitness tool'. The class is an all over body workout as the hoop is also used for upper body toning. Due to their weight and large diameter, Powerhoops are easy to use, even for those who have never succeeded with old-fashioned lightweight hula hoops help with lower back pain and improved coordination. Whitton Residents Hall, Lowestoft, NR33 9BB on Friday 9.30-10.15am and 10.30 - 11.15am 8-8.45pm.

 Alex Bond 07904 538939

Qi Gong

£ 8-10

Similar to Tai Chi but using more gentle movements to restore and relax. Qigong involves regulation of the body, breath, and mind.

 The Space, Burston, IP22 5TJ. Thursday 6-7.30pm. Cindy Engel 07873 114682

 Bannatyne's Health Club, Lowestoft, NR32 2ED. Friday 7.30-8.30am.
0844 477 4777

Release and Relax

£ 6

Relaxing exercise class to help with stress, anxiety and breathing. Seasons Health Club, Beccles, NR34 9TR on Wednesday 12.30-1.30pm and Thursday 7.30-8.30pm.

 Simon Cook 01502 470 999

Running for Beginners

£ 1 per session -35 per annum

All abilities up to 3miles/5K. Can go at own pace, run by UK affiliated running coaches (they will run with people to give confidence). Can progress onto Tuesday and Thursday sessions if want to (more advanced). Waterlane Leisure Centre, Lowestoft, NR32 2NH on Monday 6.30-7.30pm



Lee lowestoftroadrunners@gmail.com



Also at Claremont Pier, Lowestoft, NR33 0BS on Wednesday 9.30 -10.30am and Barnards Meadow, Lowestoft, NR32 2HF on Tuesday 9.30 -10.30am. Alex Bond 07904 538939

Strength and Flex

£ 5

Improve flexibility and strength, boost energy levels and improve mobility with this therapeutic class that introduces a series of stretches, positions and routines.



Waterlane Leisure Centre, Lowestoft, NR32 2NH. Tuesday 8.30-9.15am and Wednesday 10.30-11.15am. Ben Lambert 01502 532540



Bungay Leisure Centre, NR35 IPH. Monday 10.45-11.30am. Sam Ramond 01986 895014.

Swimming

£ 1-5

General sessions at Waterlane and Bungay Leisure Centres, 7 days per week, as well as adults only and 50+ sessions. Beccles Lido is open in the warmer months. iCANswim sessions are held at Waterlane Leisure Centre (Friday 1-2 pm) and Bungay Leisure Centre (Sunday 6-7pm) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas.

- Waterlane Leisure Centre, Lowestoft, NR32 2NH. Ben Lambert 01502 532540
- Bungay Leisure Centre, NR35 1PH. Sam Ramond 01986 895014.
- Beccles Lido, NR34 9PL. 01502 713297
- Broadlands Health and Fitness Club, Lowestoft NR33 9JY on Wednesday 7-8pm and 8-9pm

Taekwondo

£ 2

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. Our Taekwondo martial arts sessions are ideal for beginners who are looking to building fitness, strength and flexibility. While Taekwondo might help you in a confrontation, the potential improvement to your health is the greatest benefit of your training. Waterlane Leisure Centre, Lowestoft, NR32 2NH on Friday 11.30 -12.30pm.

- Alex Bond 07904 538939

Tai Chi

£ 5 - 10

An ancient Chinese tradition that is performed in a gentle, slow, focused manner with a focus on improving leg strength, balance and stability.

- Waterlane Leisure Centre, Lowestoft, NR32 2NH on Friday 10.15 - 11am. 01502 532540 (with yoga and pilates combined)
- Bannatyne's Health Club, Lowestoft, NR32 2ED. Tuesday 7.30-8.30am and Thursday 7.30-8.30am. 0844 477 4777

Tennis – short

£ 2

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. The aim of the Short Tennis sessions is to offer individuals over 50 years of age the opportunity to practice and play within a small group, assisted by a coach to improve and develop their game. The coach is qualified to Level 2 and will include individual skill development and game play into the session. Waterlane Leisure Centre, Lowestoft, NR32 2NH on Thursday 1.30-2.30pm and Kensington Gardens Courts, Lowestoft, NR33 0HY on Tuesday 1-2.30pm.



Alex Bond 07904 538939

Volunteering

£ Free

Volunteering can be a great way to get more active. There are hundreds of opportunities across Suffolk for you to get involved in. Check out the website below (please be aware that these activities are not checked by the Active Wellbeing Team).



<http://volunteersuffolk.org.uk/> or call Community Action Suffolk on 01473 345400

Walking

£ Free



Stepping Out in Suffolk provide short, free Health Walks which take between 30-90 minutes. These are guided, fun, sociable sessions and there are many Health Walks in the local area on different days and times. Contact OneLife for the latest list (renewed quarterly).



OneLife Suffolk 01473 718193

Walking Football – £ 1-4 over 50s

Walking Football is a slow-paced version of the beautiful game primarily aimed at the over 50s. Walking Football is designed to help people keep an active lifestyle irrespective of their age, as well as getting those back playing football who perhaps had to stop due to injuries. It's a great way to keep fit, learn skills, have fun and socialise all at the same time!

-  Kirkley & Pakefield Football Club, Pakefield, NR33 7LE. Wednesday 3-4pm
Barrie Atkins 01502 513549. Also disability football (normal football rules but adapted for participants) on Thursday 1.30-2.30pm. Jon Regester 07941 303956.
-  Waterlane Leisure Centre, Lowestoft, NR32 2NH. Wednesday 9.30-11am and Thursday 7-8pm. Alex Bond 07904 538939

Yoga £ 5-9

Improves overall health and wellbeing, focus on stretching, flexibility and building strength.

-  Bungay Leisure Centre, NR35 1PH. Tuesday and Thursday 10.30-12 noon.
Chair-based yoga Thursday 12.30-1.30pm. Sam Ramond 01986 895014.
-  Waterlane Leisure Centre, Lowestoft, NR32 2NH. Tuesday 9.15-10.45am and Thursday 7.45 – 8.45pm (beginners class) . Ben Lambert 01502 532540
-  The Cut, Halesworth, IP19 8BY. Tuesday 7.30-8.45pm and Wednesday 10am-11.15am. Kat Hesse 01728 638604.
-  Yoga Glow Studio, Beccles, NR34 9AJ. Monday 10-11.30am, 6-7.15pm, Tuesday 7.30-9pm, Wednesday 10-11:30am, 12-13.30pm and 6-7.30pm. Thursday 10-11:30am, 7.30-9pm. Friday 10-11.30am. Saturday 9-10.30am. Restorative Yoga specifically for people with long-term health conditions on Tuesday 10-11.30am. Michelle Cheesbrough 07958 203357
-  The Space, Burston, IP22 5TJ. Friday 10.15-11.45am or 12.15-1.45pm. Isobel Webster 07725345385
-  Whitton Residents Hall, Lowestoft, NR33 9BB. Friday 12-1pm. Alex Bond 07904 538939
-  Stella Maris Hall, Lowestoft, NR32 1NL. Monday 7.15-8pm. Alex Bond 07904 538939

Zumba Gold



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Active older adults who are looking for a modified Zumba® dance class that recreates the original latin moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance, with lots of music!



Huntingfield Village Hall, Halesworth, IP19 0QH. Monday 11-12 noon. Eileen
07813 854255

Physical Activities

All the activities in this booklet have been checked and are appropriate for clients but are also just suggestions.

Classes can also change frequently, so please contact the venue/instructor listed prior to attending. They will also undertake a health questionnaire with you before you start.

There are plenty of other classes or activities locally you might want to try. To find an activity or class near you, please contact the friendly Active Wellbeing Team on the details below and we will help:



Annie Groves, Ben Jackson, Nick Pringle, Janet Lawrence

Annie Groves

Active Wellbeing Activities Officer

annie.groves@onelifesuffolk.co.uk

07557 633824

www.onelifesuffolk.co.uk and

www.suffolksport.com/activewellbeing