

Get Help to Get Active



Classes and activities in the
Forest Heath 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

Specific Activities for Cardiac Clients

Cardiac Exercise 3-4

Professional cardiac and exercise support in a gym-based environment. Tuesdays and Thursdays 11am-3pm at Newmarket Leisure Centre, CB8 0EA.

 Kim Parr 01638 782500

General Activities Suitable for all Clients

Aerobics—low impact 5-6

A lower impact and intensity aerobics class that is set to the beat of the music. Works the cardiovascular system and muscles gently. Specifically designed for the less mobile or more mature exerciser. Newmarket Leisure Centre, CB8 0EA on Tuesday 1.45-2.30pm.

 Kim Parr 01638 782500

Aerotone 5-6

A fun packed aerobic class that involves using light dumbbells to increase muscle tone, improve strength, stamina and overall cardio-muscular fitness. Newmarket Leisure Centre, CB8 0EA on Tuesday 6-7pm, Wednesday 11am – 12noon and Thursday 9.10-9.55am, 6-7pm.

 Kim Parr 01638 782500

Aqua Aerobics 5-6

A lively water workout for both swimmers and non-swimmers. Suitable for expectant mothers and those in rehabilitation/unwell. Mildenhall Swimming Pool, IP28 7HG on Wednesday 8.45-9.45am and Friday 9-10am.

 Kim Parr 01638 712515

Active Living AquaGym

£ 5-6

12 week low impact water exercise programme suitable for all medical conditions and abilities (shallow and deep water exercise). Exercises are tailored around each individual's reasons for referral. (Individuals do not need to be able to swim to access programme). Newmarket Leisure Centre, CB8 0EA on Wednesday 11-12 noon. Mildenhall Swimming Pool, IP28 7HG on Monday and Wednesday 2-3pm.

© Kim Parr 01638 782500 or 01638 712515

Aqua Circuits

£ 5-6

Aqua circuits classes are 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. Mildenhall Swimming Pool, IP28 7HG on Monday 9-10am and Thursday 7-8pm.

© Kim Parr 01638 712515

Aqua Gym

£ 5-6

Aqua gym is a class that uses low impact gym equipment - stepper, cycle, rower, and is suitable for all medical conditions. The sessions take place in our teaching pool under supervision and guidance of our instructors. Individuals must be able to swim to access this session. Mildenhall Swimming Pool, IP28 7HG on Monday 12-2pm, Tuesday 11.45-2.45pm and 6.30-8.30pm, Wednesday 1-2pm, Thursday 12.30-2.30pm, Friday 12.30-2.30pm and Sunday 9.30-11.30am.

© Kim Parr 01638 712515 or 01638 782500

Body Balance

£ 5-6


A combination of Yoga, Tai Chi and Pilates that builds flexibility and strengths as well as leaving you feeling calmed and centred. Newmarket Leisure Centre, CB8 0EA on Tuesday 11.15-12.15pm and 8.20-9.20pm, Thursday 8.15-9pm and Saturday 10.30-11.30am.

 Kim Parr 01638 782500

Bums and Tums

£ 5-6

A complete lower body workout for all those problem areas. Newmarket Leisure Centre, CB8 0EA on Monday 7-7.45pm and Thursday 6.10 – 6.55pm. Also Legs, Bums and Tums at The Gym, Mildenhall, IP28 7EY on Monday 5-6pm.

 Kim Parr 01638 782500 or 01638 719700

Chair-based exercise

£ 2-4

A low impact workout class using light dumbbells and bands . It's suitable for all medical conditions and for those wanting to improve their balance, strength, fitness and mobility. Brandon Leisure Centre, IP27 0JB on Wednesday 12.30-1pm.

 Kim Parr 01842 819150

Dancing - line

£ 4-5

Focus on core strength in this slow moving, low impact class. Following a sequence of instructed movements you will strengthen, tone and improve posture. Brandon Leisure Centre, IP27 0JB on Wednesday 10am-12 noon.

 Kim Parr 01842 819150

Dancing - tea

£ 4-5

Ballroom style dancing, a great way for the over 50's to socialise. At Brandon Leisure Centre, IP27 0JB on Wednesday 2-4pm.

 Kim Parr 01842 819150

Dancing - Fitsteps

£ 5


Fun-based dance class. No partner needed. Beginners welcome. A great way to try latin and ballroom dances. West Row Village Hall, IP28 8PA on Monday 6.30-7.30pm and Freckenham Village Hall, IP28 8JB on Wednesday 6.30-7.30pm.

 Julia Cragie 07542518470

Exercise Referral Scheme

£ 5 per session

The scheme aims to provide physical activity for members of the public with health issues over a 12 week period. Throughout the scheme you will have access to support, expert advice and help to increase your activity and health and wellbeing. Participants have a choice of classes and supervised gym-based exercise at Newmarket (10am-3pm Tuesday and Thursday), Mildenhall (10am-1pm Friday) and Brandon Leisure Centres (10am-1pm Monday and Wednesday). Contact the Exercise Referrals Co-ordinator below for further information on how to be referred.

 Kim Parr 01638 782500 or 01638 719700 or 01842 819150

Gently Does It £ 5-6

Body weight exercises to help get the joints moving using Hi-Lo routines for movement control. This session is specifically to assist mobility to help in daily movement tasks such as sitting, standing and moving around the home or outside The Gym, Mildenhall, IP28 7EY on Monday and Wednesday 8.30-9.30am.

 Kim Parr 01638 719700

Leisure Club – gentle exercise mix £ 4-5

A great morning with an option of gym or gentle exercise class, badminton and rounded off with a cuppa and a chat. A fantastic social exercise. Brandon Leisure Centre, IP27 0JB on Tuesday and Friday 10am – 12noon.

 Kim Parr 01842 819150


New Age Kurling £ 3

Friendly, informal ball and gentle ball sports. Targetted at over 45s. Beginners welcome. Peace Memorial Hall, Lakenheath on Friday 10.30am – 12.30pm.

 ActivLives 01473 345350

Nordic Walking £ 22 per month

A fun walking workout using poles, working 90% of our muscles. Poles are provided free of charge. Regular beginners classes and ongoing classes are held at PhysiOptima, 48 Bury Rd, Newmarket, CB8 7BT on Saturdays 1-2pm.

 Kevin Marshall 07955495016 or 01284 716483

Otago

£ Free- 2.50

Reduce the risk of falling, fracturing, improve health and wellbeing with these clinically proven gentle chair-based exercises, in a sociable and fun environment.

- C St Marys Place, Mildenhall, IP28 7QY on Wednesday 11.15am – 12 noon.
Sara Brown 07858 258420
- C Freckenham Village Hall, IP28 8JB on Thursday 2-3pm. Julia Cragie 07542518470
- C Newmarket Day Centre, Newmarket, CB8 8NT on Monday, Tuesday and Friday 10.30-11.30am. Veronica Fixe 01638 664262.

Pilates

£ 5-7

A system of physical conditioning involving low impact exercises and stretches. Improve core strength and muscle tone. Plenty of classes on different days and times available e.g.

- C Newmarket Leisure Centre, CB8 0EA on Monday 9.15-10.15am, 8.10-9.10pm and Thursday 1.30-2.30pm. Kim Parr 01638 782500.
- C Brandon Leisure Centre, IP27 0JB on Monday 6-7pm. Kim Parr 01842 819150.
- C The Gym, Mildenhall, IP28 7HG on Monday 6-7pm and Friday 9.30-10.30am.
Kim Parr 01638 719700
- C Dome Leisure Centre, Mildenhall, IP28 7HT on Wednesday 6-7pm and Thursday 6pm-7pm and 7-8pm. Kim Parr 01638 717737.
- C Freckenham Village Hall, IP28 8JB on Friday 11am – 12 noon. Julie Collins 07535 424701

Swimming

£ 2-4

General sessions at Newmarket Leisure Centre, CB8 0EA and Mildenhall Swimming Pool, IP28 7HG. iCANswim sessions are held at Newmarket Leisure Centre (Tuesday, 2-3pm and 2.30-3.3pm in the teaching pool) and Mildenhall Leisure Centre (Thursday, 1.30-2.30pm) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas, with aqua gym equipment available.

- C Kim Parr 01638 782500 or 01638 712515

Tai Chi

£ 5-6

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



Brandon Leisure Centre, IP27 0JB on Monday 1.45-2.45pm. Kim Parr 01842 819150



The Gym, Mildenhall, IP28 7HG on Monday 11.30-12.30pm. Kim Parr 01638 719700

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 – 3-4 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!

-  Brandon Leisure Centre, IP27 0JB on Wednesday 7-8pm. Gary Rampley 07716 188800 (all ages very welcome)
-  Newmarket Leisure Centre, CB8 0EA on Tuesday 8-9pm. Charlie Potter 07507 907705.

Walking Netball 2.50

Walking Netball is a low impact, slowed down version of netball with no running or jumping allowed. All the groups are led by a knowledgeable Level 2 coach and cater for all abilities, fitness, health, size and shape. Newmarket Leisure Centre, CB8 0EA on Monday 6-7pm.

-  Tracey Butcher traceybutcher100@talktalk.net or Chloe Anderson 07540 126597

Water workout 5-6




A mixed intensity class working on both cardiovascular fitness and muscle toning. A low impact class which is ideal for rehabilitation, pre and post natal exercise or those who just simply love the water. Newmarket Leisure Centre, CB8 0EA on Monday 10-11am (most gentle session) and 7.30-8.20pm (shallow water), Tuesday 7.15-8pm (shallow water), Wednesday 10-11am (deep and shallow water), Thursday 6-7pm (shallow water) and 7.15-8pm (deep water), Friday 12-1pm (shallow water) and 1-2pm (deep water).

-  Kim Parr 01638 782500

Yoga - gentle classes

£ 5-7


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

-  Brandon Leisure Centre, IP27 0JB on Wednesday 9.30-10.30am and 7.15-8.15pm. Kim Parr 01842 819150
-  The Gym, Mildenhall, IP28 7HG on Thursday 9.30-10.30am. Kim Parr 01638 719700.
-  Newmarket Leisure Centre, CB8 0EA on Friday 6.30-7.30pm and Sunday 11.15-12.30pm. Kim Parr 01638 782500.

Yogalates

£ 5-6

Can't decide between Yoga and Pilates? Then try both. With the benefits of each you will improve your core stability and your inner strength The Gym, Mildenhall, IP28 7HG on Tuesday 1-2pm and Newmarket Leisure Centre, CB8 0EA on Wednesday 7.10-8.10pm.

-  Kim Parr 01638 719700 or 01638 782500

Zumba Gold

£ 5-6

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! Brandon Leisure Centre, IP27 0JB on Tuesday 2.30-3.30pm.

-  Kim Parr 01842 819150

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:



Nick Pringle, Janet Lawrence, Annie Groves, Izzy Rothon, Ben Jackson

Annie Groves

Active Wellbeing Activities Officer

annie.groves@onelifesuffolk.co.uk

07557 633824

www.onelifesuffolk.co.uk and

www.suffolksport.com/activewellbeing