

Making Suffolk
ENGLAND'S

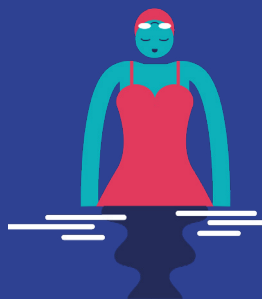
MOST ACTIVE COUNTY



Get Help To Get **ACTIVE**

Let's get moving!!

**West Suffolk
Activities Menu**



**One
Life
Suffolk**



Helping local people live healthier lives



Welcome to our Get Help to Get Active
Activities Brochure.

#letsgetmoving

The Get Help to Get Active team at
OneLife Suffolk understand that being
physically active can be very challenging,
particularly if you are faced with a
long-term condition.

We are here to provide the tools & information
to enable you to gradually increase your
activity levels, in a safe & effective way.

Why be active?

- Improves general wellbeing
 - Manages stress
 - Improves mood
- Maintains healthy weight
- Live longer and better

Brochure Information

Inside this brochure, you will find a variety of activities to choose from. Each activity description will give you information on the suitability, type, cost, time, location and provider/venue contact details so you will be able to choose an activity that suits you.

The activities featuring in the menu have been checked and coded to ensure they are appropriate for our clients but are also just suggestions. The key code indicates which long-term conditions the activity may be suitable for. However, again these are suggestions and we recommend you check with a health professional prior to attending for the first time. Providers will complete a physical activity readiness questionnaire before you participate where they may require consent from your health professional.

Please note, activities and classes can change frequently, we recommend you contact the venue or provider on the activity's listing prior to attending.

If you are a carer or have a carer, please contact the activity provider for more information on costs and discounted rates.

Active Lifestyle Practitioners:

Ipswich & East Suffolk:

Email: zoe.harris@onelifesuffolk.co.uk

Waveney & Lowestoft:

Email: connor.hale@onelifesuffolk.co.uk

West Suffolk:

Email: robyn.cardy@onelifesuffolk.co.uk

If you require further information or support, please contact your local Active Lifestyle Practitioner, who will be happy to help.



Please read the following Health Disclaimer carefully:

If you have any doubts with regards to your capability to participate in or undertake any aspect of activity at any time – you should consult with your GP - and act appropriately on any medical advice provided.

The activities in this menu are suggestions and information to raise awareness of what activities are available to you. It is your own responsibility in choosing to attend a suitable activity session.

Please be aware that you will be required to complete a health screening questionnaire with an activity instructor and you may need to consult your GP further if necessary, prior to participating for the first time.

If you answer YES to any of these questions or have any other information that causes any doubt or concern's, then we strongly recommend that you consult with your GP prior to participating in your chosen activity.

- Has your doctor ever indicated that you have a heart condition?
- Has your doctor ever said that you suffer from high blood pressure?
- Have you ever been made aware that your cholesterol was high?
- Have you ever suffered from severe chest pains during exercise?
- Have you ever suffered from dizziness or fainting?
- Do you have any bone, joint or muscular problems?
- Are you pregnant or have been within the last 6 months?
- Are you diabetic?
- Are you currently taking any prescribed drugs or medication?

If you are unsure whether you can participate in physical activity, please consult your GP prior to participation.

It is recommended that an adult does 150 minutes of moderate physical activity a week, but what does this mean to you and how do you go about it?

What is Moderate Activity?

This can be any activity that gets you warm, raises your heart rate and makes you slightly out of breath. Examples include; a brisk walk, gardening or housework. 150 minutes might sound a lot, but you can break it down into smaller chunks during the week and then again during the day.

These are our suggestions for making this goal more achievable

30 minutes on 5 days out of the week

You can split the 30 minutes up into 10 or 15 minute sections throughout the day, or alternatively you can split your 150 minutes over 7 days.

Remember, if you don't think you can manage 150 minutes a week, start with less and slowly build up the time.



Make it Fun. Choose an activity that you enjoy... you'll be more likely to keep doing the activity. Being active isn't just about going to the gym or playing a sport... there are so many other ways to be active!

Set Goals. If you set yourself goals, you are more likely to stick to them and accomplish more. Make each goal SMART or as detailed as possible, so instead of just saying "I'm going to do more walking", be specific. Write down when and where you are going to walk, how often you will walk and measure it by time or distance.

Be Patient. Unfortunately, it's not an overnight fix! We live in a society that expects everything straight away, but some things can't be rushed. Slowly increase your activity levels and your fitness levels will increase accordingly.

A Date for Your Diary. Make an appointment in your diary for your activity session, just like you would a doctor's appointment... you wouldn't want to miss it!

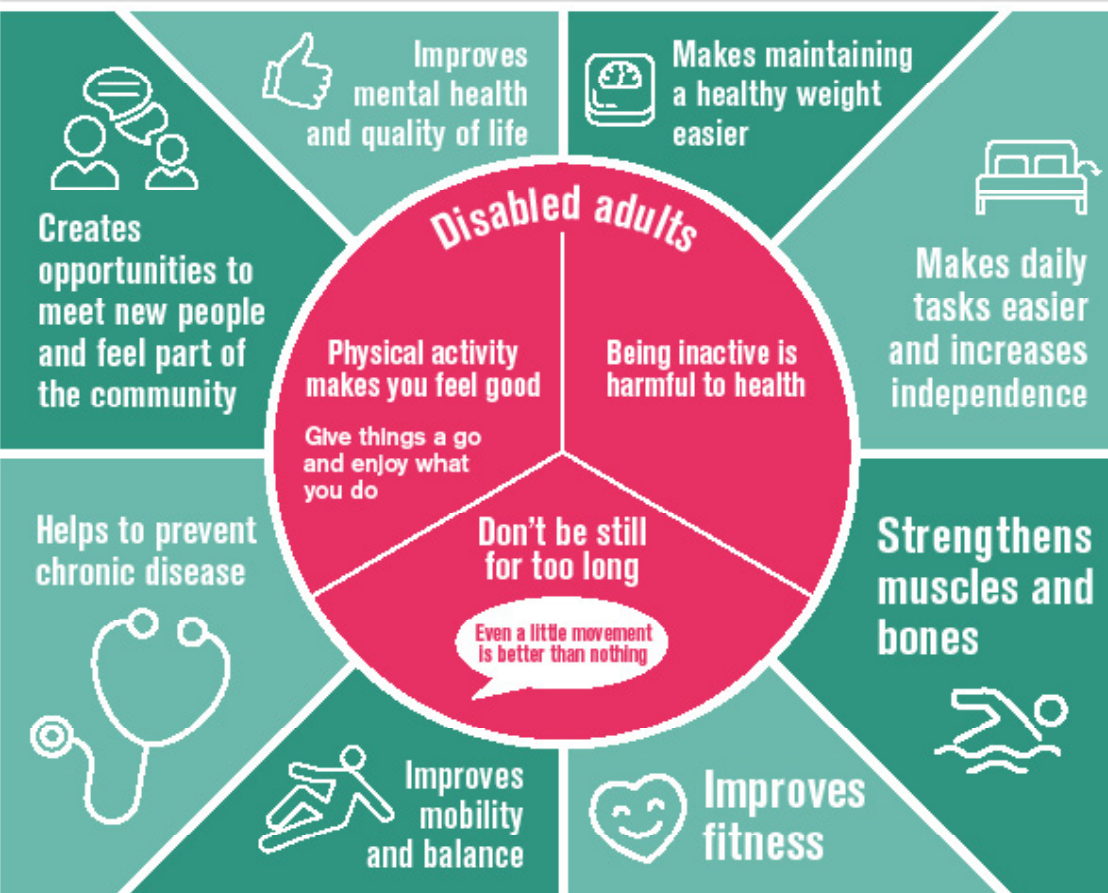
Keep Track. An excellent way to keep motivated is to see your progress and activity levels increase. By keeping an activity diary, you can look back over previous months and compare how much you have improved. Check out our six week activity planner.

Take a Break. During the ad breaks on TV get up and move. If you identify any long periods of time during the day where you are sitting down, try to reduce this by regularly getting up and moving around.

Be Social. Often the hardest part of doing something new is the first step. Why not invite a friend or family member to join you for the first few sessions? Just until you are comfortable to go by yourself. You never know, they might really like the activity as well and continue with you!

Physical Activity for Disabled Adults

Make it a daily habit



Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:



Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity

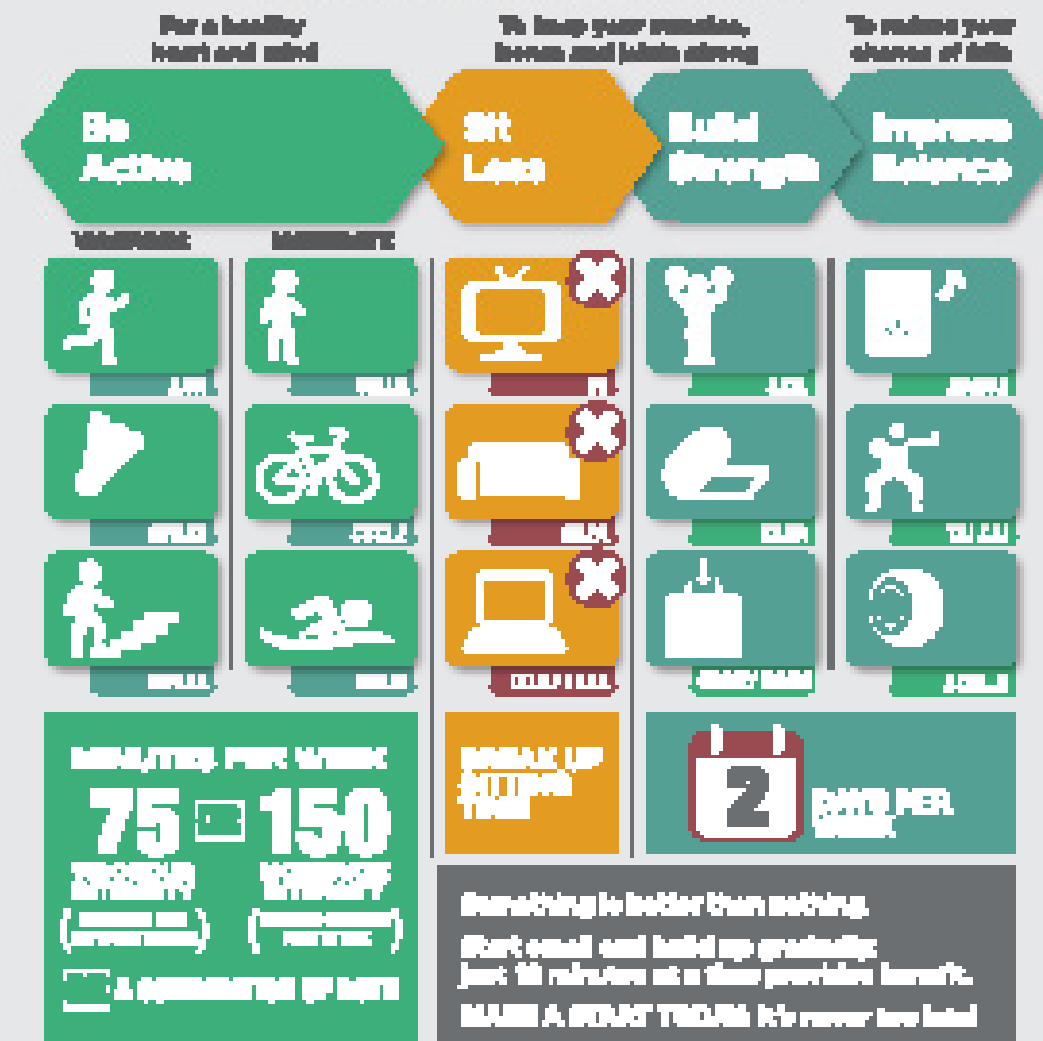


Physical activity benefits for adults and older adults

- BENEFITS HEALTH
- IMPROVES SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVES QUALITY OF LIFE

Reduces risk of	Type II Diabetes	-40%
	Cardiovascular Disease	-35%
	Falls, Depression and Dementia	-30%
	Oral and Neck Pain	-25%
	Cancers (Colon and Breast)	-20%

What should you do?



Want to get started, why not try a OneLife Suffolk Health Walk.

Why is walking the perfect activity for health?

- Almost everyone can do it.
- You can do it anywhere & anytime.
- It's a chance to make new friends.
- It's free & you don't need to book or have special equipment.
- You can also start slowly & build up gently.

Full details of all of our walks are available at:
www.onelifesuffolk.co.uk/our-services/health-walks
 Either enter your postcode to find a walk near you
 or download the current health walks brochure.

Each walk description will give you information on the grade, time, distance and other possible features on the walk so you will be able to choose walks to suit you. Stepping Out in Suffolk provide short, free Health Walks which take between 30-90 minutes. Postcodes are given for the meeting place or the nearest postcode to parking location.

Walks are graded so you can be sure they are suitable to your ability:



On easy, good, flat surfaces



Mostly one level, can be muddy



Some moderate slopes, good surfaces



More challenging, may include steeper slopes, rough ground or mud in wet weather



As grade 4, but may include one or two stiles and can be slightly faster in pace

On your first Health Walk we will ask you to fill out a New Walker Registration Form which the walk leaders will have available for you on the day or alternatively download a copy at:

www.onelifesuffolk.co.uk/our-services/health-walks

and bring it to your first walk.

At the start of each walk a register is filled in to keep a record of the number of walkers attending.

Our Health Walks are accredited to the national body Ramblers, Walking for Health. They are led by trained volunteer walk leaders to ensure that they are effective and above all, enjoyable!



Please note: All walks return to the start point unless stated otherwise.



Please note: Where there is **no Dog Icon** against a walk this means that **ONLY** Registered Assistance Dogs are permitted, no other dogs will be allowed on that walk. All dogs must be kept on a short lead.



Please note: Extreme weather conditions may result in a walk being cancelled. If this happens, or you would like to check please see the website or contact Client Services on 01473 718193.



Please note: Due to the nature of the walks it is important to wear appropriate clothing, that is easy to move in and suitable footwear such as trainers/walking boots.



Please note: During the warmer summer months ticks can be found in a variety of habitats: woods, heaths and sometimes in wet habitats. We would advise wearing light-coloured clothing, keep your socks over your trousers and use insect repellent.



Get on board and catch a bus to your walk! Finding out routes and times has never been easier: www.suffolkonboard.com

Activities Key

This key in the main activity heading is general guidance of suitability of the following conditions to each activity, please consult the Activity Provider before attending.

- | | |
|--|---|
|  Cancer |  Fibromyalgia |
|  Cardiovascular Disease |  Type 2 Diabetes |
|  Disability Logo | |

In a Main Activity Sub heading there may be an additional key if that particular class is not suitable for all of the same conditions.

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Exercise Referral Scheme: 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 & wellbeing.

Participants have a choice of classes and gym-based exercise at Kingfisher Leisure Centre, Sudbury Sports Centre and Hadleigh Pool and Leisure.

Sudbury Sports Centre Free Taster Session: The centre offers one free taster session to any OneLife Suffolk referral, as part of this programme. This applies to any of the activities listed within the menu at Sudbury Sports Centre. Further discounted rates are available, please contact reception at the centre for more information.

Hadleigh Sports Centre Together Tuesday (for people with dementia):

Welcome people with Dementia and their family and friends. Meet and socialise. Various activities including singing, otago, bowling and table tennis.

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Bury St Edmunds Leisure Centre Exercise Referral Scheme: This centre has achieved the exercise referral standard where it's scheme allows you to exercise in a controlled environment with qualified instructors on hand to provide supervision, support, advice, guidance and personalised exercise programmes.

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Aerobics



Move to music, learn steps and feel energised whilst strengthening your heart and lungs, building strong bones and improving all round conditioning.

- Increases stamina and reduces fatigue.
- Conditions your heart and lungs, improving cardiovascular fitness.
- Helps with weight loss, alongside a healthy diet.

Day	Time	Venue	Postcode	Price
Mon	14:00:00	Room 5, Stevenson centre,	CO10 0WD	£6.00

For further information please contact

Ben Hattrell 07377 538594 08bhattrell@gmail.com

1 to 1 PT



Want to work towards a fitness or health goal with a trainer dedicated to your every need ? Initial consultation FREE. Fossafitness offers you 1:1 PT sessions focused on improving all round fitness. We specialise in endurance, getting people ready for aerobic activities such as cycle or running events, and helping with weight loss.

We keep things fresh, with new activities weekly, offering clear instructions to learn every exercise. We have happy customers, 100% positive feedback for our services, and are highly confident this will continue.

Day	Time	Venue	Postcode	Price
Mon	N/A	Availible in Great Cornard	CO10 0WD	£6.00

For further information please contact

Ben Hattrell 07377 538594 08bhattrell@gmail.com

Aqua Aerobics



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

- Simply kicking and waving in the water contributes to muscle development
- Lower impact, making it 90% easier to move compared to normal
- Improved balance, water helps stabilise your body in the water

Day	Time	Venue	Postcode	Price
Mon	09:30 - 10:15	Kingfisher Leisure Centre	CO10 2SU	£3.90
Mon	10:15 - 11:00	Kingfisher Leisure Centre	CO10 2SU	£3.90
Tue	20:00 - 20:45	Kingfisher Leisure Centre	CO10 2SU	£3.90
Wed	08:30 - 09:15	Hadleigh Pool and Leisure	IP7 5BH	£3.30
Wed	10:45 - 11:30	Kingfisher Leisure Centre	CO10 2SU	£3.90
Thu	09:00 - 09:45	Hadleigh Pool and Leisure	IP7 5BH	£3.30
Thu	19:30 - 20:15	Hadleigh Pool and Leisure	IP7 5BH	£3.30

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com

Badminton



Game play, individual and group coaching for beginners, improvers and those wanting to get back into badminton, as well as making new friends.

- Improves concentration
- Improves rate of metabolism
- Can allow you to achieve optimum heart function

Day	Time	Venue	Postcode	Price
*	*	Sudbury Sports Centre	CO10 1NW	*

* Onelife referrals can choose one free taster session.
Contact Reception for times and prices

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com

Body Balance



Combines traditional disciplines, like yoga & Tai Chi with popular new methods such as Pilates. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

Day	Time	Venue	Postcode	Price
Mon	10:30 - 11:30	Hadleigh Pool and Leisure	IP7 5BH	£6.25
Mon	19:30 - 20:30	Hadleigh Pool and Leisure	IP7 5BH	£6.25
Tue	11:00 - 12:00	Kingfisher Leisure Centre	CO10 2SU	£6.25
Wed	10:30 - 11:30	Hadleigh Pool and Leisure	IP7 5BH	£6.25
Wed	20:00 - 21:00	Kingfisher Leisure Centre	CO10 2SU	£6.25
Thu	11:00 - 12:00	Hadleigh Pool and Leisure	IP7 5BH	£6.25
Thu	18:15 - 19:15	Sudbury Sports Centre	CO10 1NW	£6.25 *
Sat	10:30 - 11:30	Kingfisher Leisure Centre	CO10 2SU	£6.25

* Onelife referrals can choose one free taster session

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com



Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

- Stronger bones and reduced risk of osteoporosis
- Improved mental functioning
- Increased muscular strength, endurance and motor fitness

Day	Time	Venue	Postcode	Price
Wed	09:45 - 10:30	Hadleigh Pool and Leisure	IP7 5BH	£6.25

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com

Fun Dancing



FunDance is a DANCE fitness class for adults (only), regardless of having two left feet and no sense of rhythm – the emphasis is on FUN. Based on adapted dance genres such as Latin / Ballroom, Ballet, Bollywood, Jitterbug / Swing / Charleston, etc. NO partnering.

- Improves heart health and breathing complications
- Improves balance and coordination
- Improves mental health and self-esteem

Day	Time	Venue	Postcode	Price
Mon	19:00	Boxford Village Hall	CO10 5NP	£7.00

For further information please contact

Janet Drake 07506 350455 janet@fundancing.co.uk



Exercise in a controlled environment with qualified instructors on hand to

provide supervision, support, advice, guidance and personalised exercise programmes

Day	Time	Venue	Postcode	Price
Any time - please book at Sudbury Sports Centre			CO10 1NW	£2.00 *

* OneLife Suffolk clients only, £2 pay as you go, or £12.50 per month
Onelife referrals can choose one free taster session

For further information please contact

Kerrier Brazier 01787 373132 kerrie.brazier@acleisure.com



Chair based small group exercise to prevent falls and injuries.

- Helps with stability and balance
- Improves bone density
- Improves muscle strength

Day	Time	Venue	Postcode	Price
Mon	13:30 - 14:30	Sudbury Sports Centre	CO10 1NW	£4.20 *
Tue	12:45 - 13:45	Hadleigh Pool and Leisure	IP7 5BH	£4.20
Fri	12:15 - 13:15	Sudbury Sports Centre	CO10 1NW	£4.20 *

* Onelife referrals can choose one free taster session

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com

Swimming



Swimming is a fun enjoyable activity for those of varied ages and mobility, where you can work to the best of your ability.

- Low impact way to improve muscle strength and endurance.
- Helps heart and lung function by improving cardiovascular health.
- Reduces stress.

Day	Time	Venue	Postcode	Price
*	*	Kingfisher Leisure Centre	CO10 2SU	*
*	*	Hadleigh Pool and Leisure	IP7 5BH	*

* See timetable online for times and prices

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com

Pilates



Pilates is great for strengthening the body in every way, with particular emphasis on Core Strength to improve general fitness and well-Being. Pilates is a series of very specific exercises performed slowly and controlled

- Core strength, Pilates is based on efficiently contracting your abdominal muscles with every exercise.
- Improves posture, Pilates helps reverse the effects of bad habits by creating better muscle symmetry and balance.
- The foundations of Pilates movement apply to everyone. A body/mind integrative approach makes Pilates accessible to all.

Day	Time	Venue	Postcode	Price
Mon	12:00 - 12:00	Kingfisher Leisure Centre	CO10 2SU	*
Tue	11:30 - 12:30	Hadleigh Pool and Leisure	IP7 5BH	*
Wed	11:45 - 12:45	Kingfisher Leisure Centre	CO10 2SU	*
Thu	12:15 - 13:15	Kingfisher Leisure Centre	CO10 2SU	*
Fri	11:15 - 12:15	Hadleigh Pool and Leisure	IP7 5BH	*

* Contact Reception for current pricing

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com

Table Tennis



Table Tennis (also known as Ping Pong) is a social sport and part of our Health and Wellbeing Programme. You don't need a partner, just turn up and play.

- Improves hand-eye coordination
- Improves body balance
- Raises self-esteem

Day	Time	Venue	Postcode	Price
Wed	10:00 - 11:00	Hadleigh Pool and Leisure	IP7 5BH	£2.20
Fri	10:00 - 12:00	Hadleigh Pool and Leisure	IP7 5BH	£2.20 *
*		Sudbury Sports Centre	CO10 1NW	*

* Onelife referrals can choose one free taster session.

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com



A fun and social racket sport that gets you moving whilst exercising!

- Improves metabolic function
- Improves hand-eye coordination
- Improves concentration

Day	Time	Venue	Postcode	Price
*	*	Sudbury Sports Centre	CO10 1NW	*

* Onelife referrals can choose one free taster session.
Contact Reception for times and prices

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com

Walking Netball



Participants can work as hard or as little as they wish and they tend to be relatively slower paced, no jumping or running involved. Perfect for inactive individuals and those who have LTC.

- Improves mental health, alongside improved social skills
- Lowers heart rate and blood pressure
- Improved mobility

Day	Time	Venue	Postcode	Price
Fri	11:00 - 12:00	Old Middle School, Haverhill	CB9 7YD	£2.50 ①
Sat	09:00 - 10:30	Hadleigh High School	IP7 5HU	£5.00 ②

For further information please contact (see key)

- ① Tracey 07939 500318
- ② Michelle 07796 325516



Unlike stretching or fitness, yoga is more than just physical postures. Physical practice is just one aspect of yoga. Yoga is unique because we connect the movement of the body and the fluctuations of the mind to the rhythm of our breath.

- Increase flexibility and all round fitness
- Increase your energy

Day	Time	Venue	Postcode	Price
Tue	18:45 - 20:00	Hadleigh Pool and Leisure	IP7 5BH	£6.25
Wed	18:30 - 19:30	Sudbury Sports Centre	CO10 1NW	£6.25 *
Thu	20:00 - 21:00	Kingfisher Leisure Centre	CO10 2SU	£6.25
Fri	11:00 - 12:00	Kingfisher Leisure Centre	CO10 2SU	£6.25
Sun	09:30 - 10:45	Hadleigh Pool and Leisure	IP7 5BH	£6.25
Sun	10:30 - 11:30	Kingfisher Leisure Centre	CO10 2SU	£6.25

Seated Yoga

Sun 10:30 - 11:30 Kingfisher Leisure Centre CO10 2SU £4.20

* Onelife referrals can choose one free taster session

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com



Zumba

Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why these classes are often called exercise in disguise.

- Strengthens cardiovascular fitness and improves blood pressure
- Reduces stress, builds confidence and allows you to have fun!
- Improves social interaction and overall mood

Day	Time	Venue	Postcode	Price
Tue	11:00 - 12:00	Kingfisher Leisure Centre	CO10 2SU	£6.25
Thu	11:30 - 12:15	Kingfisher Leisure Centre	CO10 2SU	£6.25

For further information please contact

Joe Harvey 01473 823470 joe.harvey@acleisure.com

Nordic Walking for health



Discover how the use of specially designed poles turns ordinary walking into an effective fitness workout.

Nordic Walking helps you to get fit, lose weight and improve your sense of wellbeing in a fun and friendly environment.

We run regular two day courses where you can learn to master the technique and discover the fantastic health benefits of Nordic Walking at two locations:

- Improves posture
- Relieves neck and shoulder pain
- Low impact on knees and hips
- Tones waist and upper body
- Helps weight loss
- Improves fitness

Bury St Edmunds
(Newell Park - Katherine)

Clare
(Clare Castle Country Park - Mary)

For more information email:
info@nordicwalkingeastanglia.co.uk
Mary on 07731 580648
Katherine on 07789 072405

nordicwalkingeastanglia.co.uk

Nordic Walking
East Anglia



follow us on [facebook.com/Nordic-Walking-East-Anglia](https://www.facebook.com/Nordic-Walking-East-Anglia)

St Edmundsbury



Active Living Class

Monday's classes will be a gentle instructor lead exercise class suitable for all levels of fitness especially beginners. Wednesday's class will be different levels of exercise provided at each circuit station to allow for all levels of fitness, particularly total beginners.

- Improves strength
- Improves flexibility
- Lowers blood pressure and heart rate

Day	Time	Venue	Postcode	Price
Mon	11:15 - 12:15	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5
Wed	11:30 - 12:15	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5

For further information please contact

Jackie Chubb 01284 757481 jackie.chubb@acleisure.com



Aqua Aerobics

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

- Simply kicking and waving in the water contributes to muscle development
- Lower impact, making it 90% easier to move compared to normal
- Improved balance, water helps stabilise your body in the water

Day	Time	Venue	Postcode	Price
Mon	20:15 - 21:00	Haverhill Leisure Centre	CB9 0ER	£6.50 ①
Tue	12:00 - 13:00	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ②
Thu	11:15 - 12:00	Haverhill Leisure Centre	CB9 0ER	£6.50 ①
Thu	12:00 - 13:00	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ②

For further information please contact (see key)

- ① Mandy Felton 01440 765156 byron.gross@acleisure.com
- ② Jackie Chubb 01284 757481 jackie.chubb@acleisure.com

Aquacise



These classes are for people referred by their Doctor.

A gentle water workout, particularly suitable for those with joint or balance problems.

- Simply kicking and waving in the water contributes to muscle development
- Lower impact, making it 90% easier to move compared to normal
- Improved balance, water helps stabilise your body in the water

Day	Time	Venue	Postcode	Price
Thu	11:00 - 11:45	Haverhill Leisure Centre	CB9 0ER	£4.35 ①
Thu	13:00 - 13:45	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ②
Fri	12:30 - 13:15	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ②

For further information please contact (see key)

- ① Mandy Felton 01440 765156 byron.gross@acleisure.com
 ② Jackie Chubb 01284 757481 jackie.chubb@acleisure.com

Badminton



Game play, individual and group coaching for beginners, improvers and those wanting to get back into badminton, as well as making new friends.

- Improves concentration
- Improves rate of metabolism
- Can allow you to achieve optimum heart function

Day	Time	Venue	Postcode	Price
Mon	19:00	County Upper School	IP32 6RF	*

* First session free, £30 every six weeks or £7.50 per session

For further information please contact

Jo Hughes 07947 406476 joannhughes14@gmail.com

Body Balance



Combines traditional disciplines, like yoga & Tai Chi with popular new methods such as Pilates. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses creating a holistic workout that brings the body into a state of harmony and balance.

Day	Time	Venue	Postcode	Price
Mon	10:15 - 11:15	Haverhill Leisure Centre	CB9 0ER	* ①
Mon	18:10 - 19:10	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ②
Mon	19:15 - 20:15	Haverhill Leisure Centre	CB9 0ER	* ①
Tue	10:35 - 11:35	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ②
Wed	09:15 - 10:15	Haverhill Leisure Centre	CB9 0ER	* ①
Wed	18:10 - 19:10	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ②
Wed	19:10 - 20:10	Haverhill Leisure Centre	CB9 0ER	* ①
Thu	10:30 - 11:30	Haverhill Leisure Centre	CB9 0ER	* ①
Thu	10:35 - 11:35	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ②
Thu	19:15 - 20:15	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ②
Fri	19:30 - 20:30	Haverhill Leisure Centre	CB9 0ER	* ①
Sun	10:30 - 11:30	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ②

* Contact Reception for current pricing

For further information please contact (see key)

- ① Mandy Felton 01440 765156 byron.gross@acleisure.com
 ② Jackie Chubb 01284 757481 jackie.chubb@acleisure.com



Fun Dancing

Gentle dance class for those of any ability. A fun and social dance class.

Day	Time	Venue	Postcode	Price
Beginners				
Wed	18:45 - 19:30	Abbots Green Primary School	IP32 7PJ	£6.00
Improvers				
Wed	19:30 - 20:15	Abbots Green Primary School	IP32 7PJ	£6.00

For further information please contact

Pat Lait 07889 723358 laitdanceclub@yahoo.co.uk

Get Active



Exercise is medicine for the over 50's. As doctors we feel confident in saying this, not just because we've seen the beneficial effects of exercise on people time and time again, but we've now got the evidence to back it up too.

Day	Time	Venue	Postcode	Price
Thu	08:30 - 09:30	Real Bodies Gym, Haverhill	CB9 8PJ	*

* £7: Early morning; lunch time and weekends £5; 50+ £5

For further information please contact

Lee Button 01441 760905 leeb@realbodiesgym.co.uk

Gym



Exercise in a controlled environment with qualified instructors on hand to provide supervision, support, advice, guidance and personalised exercise programmes.

Day	Time	Venue	Postcode	Price	
Mon	09:00 - 11:00	Haverhill Leisure Centre	CB9 0ER	*	①
Mon	09:30 - 11:00	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5	②
Mon	13:00 - 16:00	Real Bodies Gym, Haverhill	CB9 8PJ	*	③
Tue	11:00 - 12:30	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5	②
Tue	13:30 - 15:00	Haverhill Leisure Centre	CB9 0ER	*	①
Tue	13:00 - 16:00	Real Bodies Gym, Haverhill	CB9 8PJ	*	③
Wed	09:30 - 11:00	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5	②
Wed	11:00 - 12:00	Haverhill Leisure Centre	CB9 0ER	*	①
Wed	13:00 - 16:00	Real Bodies Gym, Haverhill	CB9 8PJ	*	③
Thu	09:30 - 11:00	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5	②
Thu	13:00 - 16:00	Real Bodies Gym, Haverhill	CB9 8PJ	*	③
Thu	13:30 - 15:00	Haverhill Leisure Centre	CB9 0ER	*	①
Fri	13:00 - 16:00	Real Bodies Gym, Haverhill	CB9 8PJ	*	③

* Contact Reception for current pricing

For further information please contact (see key)

①	Mandy Felton	01440 765156	byron.gross@acleisure.com
②	Jackie Chubb	01284 757481	jackie.chubb@acleisure.com
③	Lee Button	01441 760905	leeb@realbodiesgym.co.uk

Keep Active



Low intensity. This class includes old school aerobics, core control, toning & stretch for that complete workout.

- Improves self confidence
- Gentle activities to improve pain tolerance and remove discomfort
- Improves balance and coordination

Day	Time	Venue	Postcode	Price
Mon	11:15 - 12:15	Haverhill Leisure Centre	CB9 0ER	*

* Contact Reception for current pricing

For further information please contact

Mandy Felton 01440 765156 byron.gross@acleisure.com



Legs Bums & Tums

A great workout for the abs and lower body. Legs, Bums and Tums will tone, shape, burn fat and improve flexibility. Our Legs, Bums and Tums class is perfect for those that love a group workout with an injection of fun! Lunge, jump, crunch, step, squat and feel your lower body getting tighter.

- Full body aerobic & toning workout
- Increases your stamina and endurance
- Builds your strength

Day	Time	Venue	Postcode	Price
Thu	18:25 - 19:00	Real Bodies Gym, Haverhill	CB9 8PJ	*

* £7: Early morning; lunch time and weekends £5; 50+ £5

For further information please contact

Lee Button 01441 760905 leeb@realbodiesgym.co.uk

Low Impact Aerobics



A gentle low impact aerobics exercise class designed for the over 50's, combining functional strength, flexibility, balance work and suppleness exercises.

- Reduces stress
- Improves mental health
- Improves strength, mobility and general wellbeing

Day	Time	Venue	Postcode	Price
Mon	14:00 - 14:45	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5
Thu	14:00 - 14:45	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5

For further information please contact

Jackie Chubb 01284 757481 jackie.chubb@acleisure.com

Meditation



Empty your mind and learn how to control and channel your thoughts. Relaxing and reduces stress.

- Reduces anxiety and depression
- Can lower blood pressure
- Enhances energy and strength

Day	Time	Venue	Postcode	Price
Wed	12:30 - 13:30	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50
Sat	09:30 - 10:30	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50

For further information please contact

Marcus / Amanda 01284 769090 admin@the-self-centre.co.uk

Men's Health



A class with varying levels of exercise at each circuit station to allow for different fitness levels. This activity is particularly aimed at mature men who want to improve their fitness and health while having fun and socialising.

Day	Time	Venue	Postcode	Price
Mon	10:00 - 11:00	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ^①
Men's Health Cancer Exercise Class 				
Mon	10:00 - 11:00	Bury St Edmunds Leisure Centre	IP33 3TT	£3.00 ^②

For further information please contact (see key)

- ^① Jackie Chubb 01284 757481 jackie.chubb@acleisure.com
^② Nicky Mckee 01284 713023 nicky.mckee@wsh.nhs.uk



Move it or Lose it!

Low-Medium Impact Exercise to Music with a Strength section.

Day	Time	Venue	Postcode	Price
Tues	17:00-18:00	Kennett & Kentford Village Hall	CB8 7QF	£5.00
Thurs	15:30 - 16:30	Freckenham Village Hall	IP28 8JB	£5.00



Nordic Walking

Nordic Walking is the fastest growing form of fitness in the UK and is a technique of walking with specially designed Nordic Walking Poles, derived from cross country skiing, which delivers a full body workout in a manner that is sociable, outdoor and fun and can be adapted to be enjoyed by a wide range of people regardless of fitness level, age or gender.

For further information please contact (see key)

Katharine Green 07789 872435 katharine@nordicwalkingeastanglia.co.uk



'FABS' = Flexibility, Aerobic, Balance, Strength. A seated/standing class for those concerned by mobility and/or balance and maintaining muscle strength.

Day	Time	Venue	Postcode	Price
Thurs	14:00-15:00	Freckenham Village Hall	IP28 8JB	£4.00

For further information please contact

Julia Cragie 07542 518470 julia@icfit.co.uk

Pilates



It is a balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles without bulking up.

Day	Time	Venue	Postcode	Price
Mon	10:00 - 11:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ①
Mon	11:15 - 12:15	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ①
Mon	19:30 - 20:30	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ①
Thu	08:00 - 09:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ①
Thu	09:15 - 10:15	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ①
**	**	Ribbon Health, Barrow	IP28 6JQ	** ④

Beginners Mat Pilates

Thu	09:15 - 10:15	Haverhill Leisure Centre	CB9 0ER	* ②
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Beginners Pilates

Mon	18:30 - 19:30	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ①
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Fitness Pilates

Mon	10:30 - 11:20	Real Bodies Gym, Haverhill	CB9 8PJ	* ③
Mon	19:15 - 20:05	Real Bodies Gym, Haverhill	CB9 8PJ	* ③
Thu	19:15 - 20:05	Real Bodies Gym, Haverhill	CB9 8PJ	* ③

* Contact Reception for current pricing **visit website or call

For further information please contact (see key)

- ① Alison / Sharon 01284 769090 admin@the-self-centre.co.uk
- ② Mandy Felton 01440 765156 byron.gross@acleisure.com
- ③ Lee Button 01441 760905 leeb@realbodiesgym.co.uk
- ④ Hayley Jarvill 07843 536405 info@ribbonhealth.co.uk

Positive Steps



Gentle exercise class suitable for all, but especially those with osteoarthritis or concerned with delaying osteoporosis. It also includes a balance element which is designed for fall prevention.

- Improves pain and discomfort
- Improves balance
- Improves coordination and flexibility

Day	Time	Venue	Postcode	Price
Tue	11:00 - 12:00	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5

For further information please contact

Jackie Chubb 01284 757481 jackie.chubb@acleisure.com

Pump FX



Utilising barbells and weight plates, Pump FX provides a progressive, complete-body workout. Traditional resistance training exercises such as squats, lunges, presses and rows take on another dimension through the use of functional, multiplane movement.

- Maintains energy levels
- Provides a complete body workout
- Quick and enjoyable way to exercise and burn calories

Day	Time	Venue	Postcode	Price
Mon	09.30 - 10:20	Real Bodies Gym, Haverhill	CB9 8PJ	*
Fri	09.30 - 10:20	Real Bodies Gym, Haverhill	CB9 8PJ	*

* £7: Early morning; lunch time and weekends £5; 50+ £5

For further information please contact

Lee Button 01441 760905 leeb@realbodiesgym.co.uk



Specialised Chartered Physiotherapists delivering high quality and effective Physiotherapy treatments for patients with cancer and other long-term conditions in keeping with the latest evidence.

Day	Time	Venue	Postcode	Price
*	*	Ribbon Health	IP28 6JQ	*

*Check website for more details or call

For further information please contact

Hayley Jarvill 07842 536406 info@ribbonhealth.co.uk
 Anna Clayton 07842 536406 info@ribbonhealth.co.uk



Strength & Balance

Strength and Balance exercise classes are designed for people who feel unsteady on their feet or have had a fall. The classes aim to improve strength and balance, and also to help people feel more confident when out and about.

- Reduces strength and balance
- Improves mobility and independence
- Reduces the risk of falls

Day	Time	Venue	Postcode	Price
Thu	11:30 - 12:15	Haverhill Leisure Centre	CB9 0ER	*
Strength & Balance 50+				
Mon	14:00 - 15:00	Haverhill Leisure Centre	CB9 0ER	*

* Contact Reception for current pricing

For further information please contact

Mandy Felton 01440 765156 byron.gross@acleisure.com



Swimming

Swimming is a fun enjoyable activity for those of varied ages and mobility, where you can work to the best of your ability.

- Low impact way to improve muscle strength and endurance.
- Helps heart and lung function by improving cardiovascular health.
- Reduces stress.

Day	Time	Venue	Postcode	Price
Swimming 50 + FREE Session				
Tue	11:00 - 12:00	Haverhill Leisure Centre	CB9 0ER	£6.50 ①
Wed	15:00 - 16:00	Haverhill Leisure Centre	CB9 0ER	£6.50 ①
Thu	15:00 - 16:00	Haverhill Leisure Centre	CB9 0ER	£6.50 ①
Swimming Group for Cancer				
Wed	12:00 - 13:00	Bury St Edmunds Leisure Centre	IP33 3TT	£3.50 ②

For further information please contact (see key)

① Mandy Felton 01440 765156 byron.gross@acleisure.com
 ② Nicky Mckee 01284 713023 nicky.mckee@wsh.nhs.uk

Tai Chi



Exercise in a controlled environment with qualified instructors on hand to provide supervision, support, advice, guidance and personalised exercise programmes.

Day	Time	Venue	Postcode	Price
Tue	10:05 - 10:50	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ①
Fri	18:00 - 19:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Beginners Tai Chi				
Mon	12:30 - 13:30	Haverhill Leisure Centre	CB9 0ER	* ③
Tai Chi for Health				
Mon	12:30 - 13:30	Haverhill Leisure Centre	CB9 0ER	£4.35 ③
Tue	16:00 - 17:00	Haverhill Leisure Centre	CB9 0ER	£4.35 ③
Thu	10:00 - 11:00	Haverhill Leisure Centre	CB9 0ER	£4.35 ③

* Contact Reception for current pricing

For further information please contact (see key)

① Jackie Chubb	01284 757481	jackie.chubb@acleisure.com
② Martin	01284 769090	admin@the-self-centre.co.uk
③ Mandy Felton	01440 765156	byron.gross@acleisure.com

Top 2 Toe



This is a class that works, FUN and lets you see what your body can do.

- Improves flexibility
- Improves coordination
- Reduces feelings of stress, depression and anxiety

Day	Time	Venue	Postcode	Price
Thu	09.30 - 10:20	Real Bodies Gym, Haverhill	CB9 8PJ	*

* £7: Early morning; lunch time and weekends £5; 50+ £5

For further information please contact

Lee Button	01441 760905	leeb@realbodiesgym.co.uk
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Wake Up & Mobilise



Gentle class helpful for those who are recovering from illness or surgery or for those who are less mobile.

- Improves flexibility
- Decreases risk of stress and anxiety
- Reduces Blood Pressure

Day	Time	Venue	Postcode	Price
Tue	09:15 - 10:15	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50

For further information please contact

Bindie	01284 769090	admin@the-self-centre.co.uk
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Walking Football

Walking football is a variant of association football that is aimed at keeping people aged over 50 involved with football if, due to a lack of mobility or for other reason, they are not able to play the traditional game.

- Builds strength and improves muscle
- Increase your core stability
- Improves blood sugar levels

Day	Time	Venue	Postcode	Price
Tue	10:00 - 11:00	Haverhill Leisure Centre	CB9 0ER	£2.50

For further information please contact

Mandy Felton	01440 765156	byron.gross@acleisure.com
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Walking Netball



Participants can work as hard or as little as they wish and they tend to be relatively slower paced, no jumping or running involved. Perfect for inactive individuals and those who have LTC.

- Improves mental health, alongside improved social skills
- Lowers heart rate and blood pressure
- Improved mobility

Day	Time	Venue	Postcode	Price
Tue	13:00 - 14:00	Risbygate Sports Club	IP33 3RR	£3-6 ①
Thu	10:00 - 11:00	Morton Hall Squash Club	IP32 7BL	£3-4 ①
Fri	12:30 - 13:15	Haverhill Leisure Centre	CB9 0ER	£2.50 ②
Fri	17:00 - 18:00	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ①
Fri	17:15 - 18:15	Bury St Edmunds Leisure Centre	IP33 3TT	£3-5 ③

For further information please contact (see key)

①	Tracey / Chloe	07939 500318	chloe.anderson@englandnetball.co.uk
②	Byron Gross	01440 765156	byron.gross@acleisure.com
③	Jackie Chubb	01284 757481	jackie.chubb@acleisure.com

Workshops - Barrow



A range of cancer specific and other long-term conditions sessions covering peripheral neuropathy, rehabilitation and exercise sessions, educational topics and guidance from Specialist Physiotherapists.

Day	Time	Venue	Postcode	Price
*	*	Ribbon Health	IP28 6JQ	*

*Check website or phone

For further information please contact (see key)

Hayley Jarvill	07842 536405	info@ribbonhealth.co.uk
Anna Clayton	07421 270781	info@ribbonhealth.co.uk

Yoga



Yoga is a balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles without bulking up.

Day	Time	Venue	Postcode	Price
Yoga				
Tue	10:00 - 11:00	Haverhill Leisure Centre	CB9 0ER	* ①
Beginners Yoga				
Thu	18:15 - 19:30	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Fri	13:00 - 14:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	* ③
Hatha Yoga (Strength and Ease)				
Tue	10:45 - 12:15	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Wed	09:30 - 11:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Thu	09:30 - 11:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Thu	18:00 - 19:30	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Fri	11:15 - 12:30	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Sat	10:00 - 11:30	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Hot Yoga				
Mon	19:45 - 21:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Wed	19:45 - 21:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Jibamikti Yoga (Spiritual Warrior)				
Tue	07:00 - 08:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Tue	19:30 - 20:45	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Wed	07:00 - 08:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Fri	07:00 - 08:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Fri	09:30 - 11:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Kundalini Yoga				
Mon	19:30 - 21:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Restorative Yoga				
Tue	19:45 - 21:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Yoga for those living with Cancer				
Thu	11:30 - 13:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£5.50 ②
Yoga Nidra				
Tue	19:45 - 20:45	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②
Yoga Vinyasa (Flow)				
Mon	09:30 - 11:00	9 Kempson Way, Bury St Edmunds	IP32 7AR	£7.50 ②

* Contact Reception for current pricing

For further information please contact (see key)

①	Mandy Felton	01440 765156	byron.gross@acleisure.com
②	Reception	01284 769090	admin@the-self-centre.co.uk
③	Caroline Flack	01284 769090	caroline.flack@acleisure.com

Aquacise



Aquacise is a low-impact water exercise. The resistance of the water to choreographed movements provides an intense workout to maximise calorie burn whilst limiting impact on the body.

- Simply kicking and waving in the water contributes to muscle development
- Lower impact, making it 90% easier to move compared to normal
- Improved balance, water helps stabilise your body in the water

Day	Time	Venue	Postcode	Price
Mon	14:00 - 15:00	The Gym Mildenhall	IP28 7EY	*
Tue	10:15 - 11:15	Newmarket Abbeycroft Centre	CB8 0EA	*
Tue	14:15 - 15:15	Newmarket Abbeycroft Centre	CB8 0EA	*
Wed	14:00 - 15:00	The Gym Mildenhall	IP28 7EY	*

* Contact Kim for current pricing

For further information please contact

Kim Parr 01440 765186 kim.parr@acleisure.com

Chair Based Exercise



Chair based activities is one of the safest places to engage in physical activity, as it provides a place of security, particularly for those with mobility, balance and confidence problems.

- Improve mobility, strength, flexibility and posture
- Promotes independence
- Slows down age-related illnesses and conditions

Day	Time	Venue	Postcode	Price
Tue	11:45 - 12:30	Brandon Leisure Centre	IP27 0JB	£5.90

For further information please contact

Kim Parr 01440 765186 kim.parr@acleisure.com

Archery



Learn Archery in a friendly and safe environment. All equipment is provided. An hour of skills practice and a fun competition finished with refreshments and a chat.

- Improves your focus and confidence
- Improves strength and coordination
- Creates a feeling of relaxation and reduces stress

Day	Time	Venue	Postcode	Price
Mon	10:30 - 11:30	Brandon Leisure Centre	IP27 0JB	£2.50
Mon	12:00 - 13:00	Brandon Leisure Centre	IP27 0JB	£2.50
Mon	13:30 - 14:30	Brandon Leisure Centre	IP27 0JB	£2.50

For further information please contact

Kim Parr 01440 765186 kim.parr@acleisure.com

Community Club



A variety of different sports such as Short Tennis, Badminton, New Age Kurling, Boccia and table tennis. Finished with a hot drink and chat!

- Improves concentration
- Improves flexibility
- Reduces pain and discomfort

Day	Time	Venue	Postcode	Price
Wed	13:30 - 15:00	Brandon Leisure Centre	IP27 0JB	£2.50

For further information please contact

Kim Parr 01842 819150 kim.parr@acleisure.com

Gently Does It



Variety of low impact exercises to target different areas of the body and to get you moving.

- Reduces stress
- Improves blood circulation
- Improves cardiovascular system

Day	Time	Venue	Postcode	Price
Mon	08:30 - 09:20	The Gym Mildenhall	IP28 7EY	£5.90
Wed	08:30 - 09:20	The Gym Mildenhall	IP28 7EY	£5.90

For further information please contact

Kim Parr 01638 719700 kim.parr@acleisure.com

Intro to Fitness



Low impact circuit class, with the option to get into the gym with the guidance of an instructor.

- Improves concentration
- Improves flexibility
- Reduces pain and discomfort

Day	Time	Venue	Postcode	Price
Tue	10:45 - 11:45	The Gym Mildenhall	IP28 7EY	£5.90

For further information please contact

Kim Parr 01638 719700 kim.parr@acleisure.com

Gym



These classes are for people referred by their Doctor.

Exercise in a controlled environment with qualified instructors on hand to provide supervision, support, advice, guidance and personalised exercise programmes.

Day	Time	Venue	Postcode	Price
Mon	10:00 - 13:00	Brandon Leisure Centre	IP27 0JB	*
Tue	10:00 - 15:00	Newmarket Abbeycroft Centre	CB8 0EA	*
Wed	10:00 - 13:00	Brandon Leisure Centre	IP27 0JB	*
Wed	10:00 - 13:00	The Gym Mildenhall	IP28 7EY	*
Thu	10:00 - 15:00	Newmarket Abbeycroft Centre	CB8 0EA	*
Fri	10:00 - 13:00	The Gym Mildenhall	IP28 7EY	*

* Contact Reception for current pricing

For further information please contact

Kim Parr 01440 765186 kim.parr@acleisure.com

Keep Fit



A chair based exercise class. We use a chair for support. Students can remain on the chair throughout the class. There is a section of the class for those who feel ready to stand with or without holding the chair. We build up through the aerobic curve in a gentle low impact manner. There is a period of relaxation at the end of the class.

Benefits: Cardio Vascular fitness, flexibility, strength, well being & confidence, work though all joints, learn relaxation techniques.

Day	Time	Venue	Postcode	Price
Tue	15:45	Honington Village Hall	IP31 1RU	*
*	*	Fenland Hall	IP28 7HG	*

*Contact Charlotte for more information

For further information please contact

Charlotte Prudhomme 07938880974 lotus_crystal@yahoo.co.uk

Line Dancing



Following a sequence of instructed movements you will strengthen, tone and improve posture.

- Improves condition of heart and lungs
- Increases muscular strength, endurance and motor fitness
- Increases aerobic fitness

Day	Time	Venue	Postcode	Price
Wed	10:00 - 12:00	Brandon Leisure Centre	IP27 0JB	£5.90

For further information please contact

Kim Parr 01842 819150 kim.parr@acleisure.com

Low Impact Exercise



Low impact exercises aimed to target all areas of the body and get you moving.

- Reduces stress
- Improves mental health
- Improves strength, mobility and general wellbeing

Day	Time	Venue	Postcode	Price
Tue	10:45 - 11:30	Brandon Leisure Centre	IP27 0JB	£5.90
Fri	10:45 - 11:30	Brandon Leisure Centre	IP27 0JB	£5.90

For further information please contact

Kim Parr 01842 819150 kim.parr@acleisure.com



Swimming is a fun and enjoyable activity for those of varied ages and mobility, where you can work to the best of your ability.

- Builds endurance, muscle strength and cardiovascular disease
- Tones muscle and builds strength
- Controls blood sugar control

D These classes are for people referred by their Doctor.

Day	Time	Venue	Postcode	Price
D Mon	14:00 - 15:00	The Gym Mildenhall	IP28 7EY	*
D Wed	14:00 - 15:00	Newmarket Abbeycroft Centre	CB8 0EA	*
D Wed	14:00 - 15:00	The Gym Mildenhall	IP28 7EY	*

ICAN SWIM - Gentle way to get back into swimming

Fri 14:00 - 15:00 Newmarket Abbeycroft Centre CB8 0EA *

For further information please contact

Kim Parr 01638 719700 kim.parr@acleisure.com



Table Tennis

Table Tennis Club is a social class for all ages and ability to get back into table tennis.

- Hand-eye coordination improvement
- Burns calories
- Stimulates the brain

Day	Time	Venue	Postcode	Price
Thu	13:30 - 14:30	Brandon Leisure Centre	IP27 0JB	£2.50

For further information please contact

Kim Parr 01842 819150 kim.parr@acleisure.com



Tea Dance

Ballroom style dancing, finished with tea or coffee and biscuits.

- Improves bone and joint health
- Lowers overall cholesterol
- Improves circulation

Day	Time	Venue	Postcode	Price
Wed	14:00 - 16:00	Brandon Leisure Centre	IP27 0JB	£4.40

For further information please contact

Kim Parr 01842 819150 kim.parr@acleisure.com



Walking Netball

Participants can work as hard or as little as they wish and they tend to be relatively slower paced, no jumping or running involved. Perfect for inactive individuals and those who have LTC.

- Improves mental health, alongside improved social skills
- Lowers heart rate and blood pressure
- Improved mobility

Day	Time	Venue	Postcode	Price
Mon	18:00 - 19:00	Newmarket Abbeycroft Centre	CB8 0EA	£4.65

For further information please contact

Tracey 07939 500318



Zumba

Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why these classes are often called exercise in disguise.

- Strengthens cardiovascular fitness and improves blood pressure
- Reduces stress, builds confidence and allows you to have fun!
- Improves social interaction and overall mood

Day	Time	Venue	Postcode	Price
Zumba Gold				
Tue	14:30 - 15:30	Brandon Leisure Centre	IP27 0JB	£5.90

For further information please contact

Kim Parr 01842 819150 kim.parr@acleisure.com

Successful Goals are SMART

The guidelines below will help prevent you from setting unrealistic goals that will just make you feel bad when you don't achieve them.

Setting small but manageable goals is important and celebrating when you achieve them is really important!

Specific

The goal should be clear and include specific information to help you achieve it.

Measurable

The goal should have information for measuring progress toward the attainment of your goal.

Achievable

Setting goals that you have a good chance of achieving.

Realistic

The goals should be flexible to fit with the challenges of every day life.

Time-based

The goal should be given a time frame in which it should be achieved.

**One
Life
Suffolk**

My Short Term Goals

My Medium Term Goals

My Long Term Goals

My Activity Diary

This six week activity diary is a space for you to plan and prepare your physical activity goals. Record when you have achieved them, by simply ticking the box.

	Monday	Tuesday	Wednesday
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My Activity Diary

Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Abbeycroft Leisure

KEEP ACTIVE



Over 50 and want to get more active?

Come and Keep Active at Newmarket Leisure Centre, Brandon Leisure Centre and Mildenhall Leisure Centres with our fun and social sport activities.

Help yourself to a Bourbon whilst trying Walking Netball or maybe a Custard Cream to help with your Table Tennis.

Try something new and inspire a healthier you for just a couple of pounds each session.

Want to get involved?

Email keepactive@acleisure.com to find out more and join a session near you.



Walk, jog or run... *IT'S YOUR CHOICE*



For full details on all the events
visit www.parkrun.org.uk
or www.greatrunlocal.org

Helping make Suffolk
ENGLAND'S

MOST ACTIVE COUNTY

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Smoking

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-WALKS-

**Get Help
To Get
ACTIVE**

♥ *health* checks ♥

**Families
and
Young People**
TRAINING
And more...

'LOSE'
WEIGHT

If you have an activity or service that you would like to add to our programme, or want to know more about our services:

Call: 01473 718193

Visit: www.onelifesuffolk.co.uk

Email: info@onelifesuffolk.co.uk



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