Making Suffolk ENGLAND'S

MOST ACTIVE COUNTY



# Get Help To Get ACTIVE



Let's get moving!!

East Suffolk
Activities Menu



One Life Suffolk





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.

## **Physical Activity Recommendations**

## **Top Tips**

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!

# A bəldsziU Physical Activit

Make it a daily habit



for too long llits ad t'noO op nok

> and enjoy what Give things a go

chronic disease Helps to prevent

Creates

and balance fitness ytilidom (Libroves Improves

Even a little movement is better than nothing

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

vigorous intensity activity

Difficulty talking without pausing =

poues

muscles and

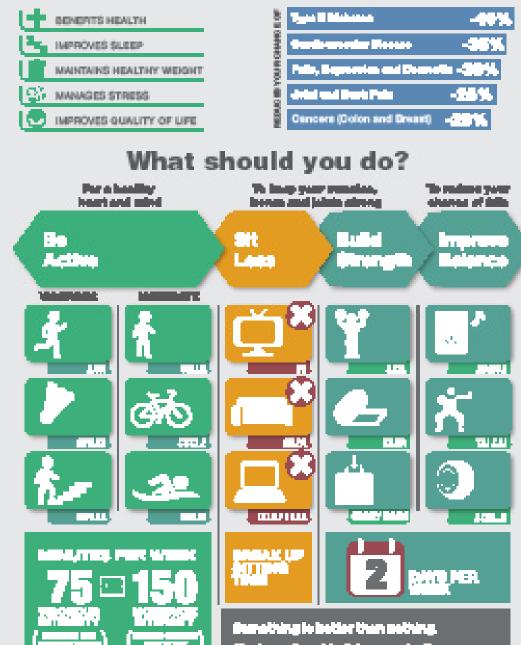
Strengthens

Can talk, but not sing = moderate intensity activity

the talk test: Кетепрег

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

## Physical activity benefits for adults and older adults



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#### **OneLife Suffolk Health Walks**

#### **OneLife Suffolk Health Walks**

Walking can...

• Make you feel good

• Give you more energy

• Reduce stress

• Help you sleep better

· Keep your heart 'strong'

· Reduce blood pressure

• Help you to manage

yo<sub>ur we</sub>ight

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 muddv



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

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**GP Referral Scheme:** GP referral is a scheme run by level 3 exercise referral instructors who conduct a free health and lifestyle consultation to new individuals, this allows the individual to meet with the instructor and to ask any questions they may have about the scheme. Once the consultation process is complete and the individual is happy to continue with the scheme, then we make an appointment for an induction with the instructor to design and take them through a personalised exercise regime based on that individuals medical conditions and what they want to achieve. This programme is reviewed by the instructor to make sure it is up to date for the individual and meets their needs.

Available at Mid-Suffolk Leisure, Stradbroke Swim and Fitness Centre and available to Cancer patients through the John Le Vay Cancer Support and Information Centre.

Requires you to go to your GP and get a referral.

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## **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.

CancerCardiovascular DiseaseType 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.

#### **ActivLives**

ActivLives help to motivate and inspire people (particularly those over 50 years old), to make positive changes to their lifestyle through physical activity. They offer community sports sessions which are friendly and informal (most involving a cup of tea and a biscuit), welcoming to people who are new to sport as well as those who haven't played for years and suitable for mature participants and those with limited mobility. You only pay for the session that you attend (the first session is always free).

For further information please contact

ActivLives 01473 345350 www.activlives.org.uk

#### **ActivBadminton**

This is a session aimed at any adults who would like to have a go at playing badminton. Beginners are very welcome. The session includes a little bit of coaching each week followed by plenty of games. Not suitable for club players - this is an informal and fun session. All equipment is provided as well as a cuppa and a biscuit.

Day	Time	Venue	Postcode	Price
Activ	Badminton			
Tue	14:00 - 15:00	<b>Whitton Sports Centre</b>	IP1 6LW	£4.50
Inclus	ive Badminton			
Tue	14:00 - 15:00	Suffolk New College Sports C	entre IP4 1LT	£4.00

#### **ActivBoccia**

Come and play this very accessible sport and have fun with a great group of people! Boccia is played sitting down. It is a relatively easy game to play, but a tough game to play well – are you up for the challenge? This sport is particularly suitable for players who have mobility and/or stability issues.

Day	Time	Venue	Postcode	Price
Thu	10:00 - 12:00	Whitton Sports Centre	IP1 6LW	£4.00

#### **ActivBowls**

Come and join us for some Short Mat Bowls. No experience or prior knowledge required. All of the equipment is provided. This is a sociable and fun session, beginners are very welcome Refreshments included.

Day	Time	Venue	Postcode	Price
Tue	10:45 - 12:45	Gainsborough Sports Centre	IP3 OSP	£4.00

#### **ActivLives**

#### **ActivGardens**

ActivLives has two Community Gardens in Ipswich and a horticultural project in Sudbury. ActivGardens enable people of all ages, abilities and ethnicity to get active, develop skills and confidence. While the People's Community Garden focuses on allotment gardening, nature and conservation, Chantry Walled Garden offers a chance for people to learn workplace skills in a vibrant walled garden and plant nursery. We run sessions for older people, schools and welcome volunteers to help maintain our gardens and support our many gardening projects.

Day	Time	Venue
Mon	, Wed & Fri	People's Community Garden, Maidenhall Allotments, IP2 8RE
Tue	& Thu	Chantry Walled Garden, Chantry Park, IP2 0BS

#### **ActivHubs Lunch Club**

Enjoy a hot homemade 2 course meal. Eat healthily, improve confidence, stay independent, get out and meet others in a sociable environment, make friends. Lunch is served at 12 noon.

Day	Time	Venue	Postcode	Price
Tue	12:00	St Mary's at Stoke Church Hall	IP2 8DA	£5.00
Tue	12:00	<b>Ipswich International Church</b>	IP1 2HS	£4.00

#### **ActivSheds**

Part of an international network, 'Men in Sheds'- a place to work collaboratively, share skills and learn to build with wood.

Day	Time	Venue	Postcode	Price
Fri	10:00 - 13:00	<b>CRESS Pavillion</b>	IP2 8RE	

#### **ActivSteps**

Fun inclusive dance session-including strength and balance exercises to reduce the risk of falls. Followed by coffee and tea and a chance to socialise with others. Inclusive of all ability levels whether you are standing, seated or supported. Discuss suitability when ringing to book.

Day	Time	Venue	Postcode	Price
Thu	10:00 - 11:00	California Social Club	IP1 5EP	
Thu	12:00 - 13:00	The Meeting place, Limerick Close	IP1 5LR	

#### **ActivLives**

## **ActivLives**

## **ActivYoga**

#### **Fun and Activ**

Intro Yoga is a non-competitive form of exercise which is designed to foster a feeling of total well-being. These sessions are for men and women and are

	Day	Time	Venue	Postc	ode	Price	
	classes can be completed whilst sitting in a chair. Led by a fully qualified (British Wheel of Yoga) instructor. Booking required.						
p	particularly aimed at people who are new to yoga. Mats are provided. These						

Day	Time	Venue	Postcode	Price		
ActivYoga for Beginners & Improvers						
Sun	12:30 - 13:30	Whitton Sports Centre	IP1 6LW	£6		
ActivYoga for Beginners & Improvers						
Sun	13:15 - 14:15	All Hallows Church Hall	IP3 OEN	£6		

#### Bap n' Boccia

Enjoy a bap and a cuppa before playing boccia and kurling. Boccia is a Paralympic sport which is accessible to all abilities. Kurling is an adaption of the Ice Curling at the Winter Olympics but without the ice and all of that frantic sweeping! Stay independent and active, get out and meet a lovely group of people.

Day	Time	Venue	Postcode	Price
Mon	13:00 - 15:00	<b>Goldcrest Court</b>	IP2 OSF	£4.00

#### **Better Balance**

The Otago exercise programme is a strengthening and balance retraining programme designed to improve core stability and specifically to prevent falls. These sessions are ideal if you would like to stay steady on your feet, reduce your risk of falling, improve your confidence, stay independent, get out and meet others in a sociable environment. Discuss suitability when ringing to book.

Day	Time	Venue	Postcode	Price
Mon	11:00 - 12:30	Goldcrest Court	IP2 OSF	£4.50
Tue	09:30 - 10:30	Walton Community Hall	IP11 9DS	£4.50
Tue	10:30 - 11.30	St Mary's at Stoke Church Hall	IP2 8DA	£4.50
Tue	10:30 - 12:00	Rushmere St Andrew Village Hall	IIP4 3PD	£4.50
Tue	11:00 - 12:00	Walton Community Hall	<b>IP11 9DS</b>	£4.50
Wed	13:30 - 14:30	Morecambe Court	IP3 OEH	£4.50
Thu	10:30 - 12:00	All Hallows Church Hall	IP3 OEN	£4.50
Fri	10:30 - 12:00	<b>Dundee House, Renfrew Road</b>	IP4 3HT	£4.50

Includes fun games activities as well as a cuppa and biscuit!

Day	Time	Venue	Postcode	Price
Thu	10:30 - 12:00	All Hallows Church Hall	IP3 OEN	£4.00

#### **Inclusive Boccia**

Come and join us for some fun Boccia. This session is particularly aimed at players 14 years and above who have a learning disability and is delivered in partnership with Special Olympics Suffolk. Beginners are very welcome – this is a fun session which provides players with the possibility of playing in Special Olympics competition.

Day	Time	Venue	Postcode	Price
Tue	16:30 - 18:00	Gainsborough Sports Centre	IP3 OSP	£4.00

#### Keep on Rockin'

If you enjoy singing and would like to sing with other people, then why not come and join our community singing group - Keep on Rockin'. An excellent way to meet and make new friends and enjoy a fun evening, singing a wide range of songs with Gina Silburn – Music Facilitator.

Day	Time	Venue	Postcode	Price
Wed *	18:30 - 20:30	Stratford Court Sheltered Housing	IP1 6EQ	£5.00
Fri *	10:30 - 12:30	Woodbridge Library	IP12 1DT	£5.00

<sup>\*</sup> Alternate Wednesdays and Fridays

#### **Kurling and Boccia**

Have a go at two very inclusive sports, Kurling and Boccia and meet a lovely group of people. This session follows on from the ActivHubs Lunch Club. All abilities welcome.

Day	Time	Venue	Postcode	Price
Tue	13:30 - 14:30	St Mary's at Stoke Church Hall	IP2 8DA	£2.50

#### **ActivLives**

#### New Age Kurling, New Age Bowls & Boccia

**New Age Kurling** – A target game based on the Winter Olympic sport of Ice Curling. Very similar but without the ice and all of that frantic sweeping! A very inclusive game that can be played seated or standing.

**New Age Bowls** – An adapted version of the regular game of bowls played with very light bowls that can be used on any indoor surface. A very inclusive game that can be played seated or standing.

**Boccia** – A Paralympic sport that is easy to play, but very tricky to play well! This is a seated sport that is played indoors, it is similar to the outdoor game of Petanque. A target game that can be played as singles, pairs or teams. This is a very inclusive sport that can be played in a variety of indoor settings.

Day	Time	Venue	Postcode	Price
Sat	13:30 - 15:30	Senior Citizens Centre, Felixstowe	PIP11 7DD	£5.00

#### **Ping Pong and Short Tennis**

This session is aimed at any adults who would like to have a go at playing Ping Pong and Short Tennis. Beginners are very welcome. No club players please - this is an informal, fun session. All equipment is provided as well as a cuppa and a biscuit.

Day	Time	Venue	Postcode	Price
Wed	10:30 - 12:00	Gainsborough Sports Centre	IP3 OSP	£4.50

#### **Walking Football**

Walking football, a lower impact game with rules that do not allow running, shooting through the laces and shoulder barging in order to create a slower friendly game of football which can be enjoyed by men or women.

Day	Time	Venue	Postcode	Price
Thu	14:30 - 15:30	Gainsborough Sports Centre	IP3 OSP	£5.00
Fri	14:00 - 15:30	Whitton Sports Centre	IP1 6LW	£5.50

## **Cancer Specific Activities**

The John Le Vay Cancer Information Centre is based at Ipswich Hospital providing support, advice and information for patients and their carers living with, and beyond, cancer. The Centre provides a number of different activities to help support your physical activity. To book onto one of these specialist classes you must contact the John Le Vay Cancer Information Centre directly.

For further information please contact

John Le Vay Centre

01473 715 748

#### **Breast Cancer Exercise**

This is an invaluable, fully funded, 6-week course. It addresses some of the common problems following breast surgery and/ or following radiotherapy. Best attended approximately 6 weeks after surgery; can be accessed during or after radiotherapy. It will help address any tightness or swelling and improve range of movement. It will also help prevent the development of lymphoedema. Also offers invaluable peer support.

Day	Time	Venue	Postcode	Price
*	*	Ipswich Sports Club	IP1 4NJ	**
*	*	Felixstowe Leisure Centre	IP11 2AE	**

<sup>\*</sup> Various days and times

#### **Fun Fit Friday**

We run a weekly fitness class held in the hospital physiotherapy gym.

Day	Time	Venue Postco	ode	Price
Fri	17:00 - 18:00	Ipswich Hospital, Main Outpatients G	/m	*
* Free	6 week course,	thereafter £6.00 per session		

16 17

<sup>\*\*</sup> Free 6 week course thereafter £6.00 per session

## **Cancer Specific Activities**

#### **Getting Back on Track**

This is a fun, 6-week course held every Tuesday 1.30-2.30 at Brackenbury Sports Club, Felixstowe, designed to gradually help build up your stamina and muscle strength; also greatly helps with general health and wellbeing. Sessions can be tailor-made to suit all fitness levels including seated exercises. You may have someone attend with you.

Day	Time	Venue	Postcode	Price
Tue	13:30 - 14:30	<b>Brackenbury Sports Centre</b>	IP11 9JF	**

<sup>\*</sup> Free for first 6 weeks thereafter £3.00

#### **Swimming**

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

Day	Time	Venue	Postcode	Price
Coach	n-led Sessions fo	or Cancer Patients 🙏		
Tue	15:00 - 16:00	Fore Street	IP4 1JZ	£4
Swim	and Socialise fo	r Cancer Patients 🔏		
Wed	11:00 - 12:30	Ufford Park	IP12 1QW	Free

#### The Gentleman's Club

#### For Prostate Cancer Patients.

This is a 2 hour workshop explaining about your pelvic floor, and how exercise can help reduce or eliminate side effects of treatment, also advice on diet and lifestyle. You are then encouraged to join the 6 week exercise class.

Day	Time	Venue	Postcode	Price
*	*	lpswich Hospital		Free

<sup>\*</sup> Various dates and times

## John Le Vay Cancer Support and Information Centre



Where can you find us?
Situated at the North End of the
Ipswich Hospital Woolverstone Wing
Entrance 15

What times are we open? Monday to Friday 9am - 4pm

> How can you contact us? Tel 01473 715 748

Email: cancer.support@ipswichhospital.nhs.uk www.ipswichhospital.nhs.uk/cancer\_info

The Centre provides Support and Information to anyone affected by cancer.

"If you are not sure what you need, then come in and have a chat and a friendly cup of tea or coffee, we will let you know what is available for you."





**Helping Local People Live Healthier Lives** 

OneLife Suffolk is the FREE healthy lifestyle service for the county offering support with:

- Weight Management
- Children and Families
  - Health Walks
- NHS Health Checks
  - Physical Activity
  - Stop Smoking

and MECC training for local businesses and organisations.











Get Help To Get ACTIVE

Call: 01473 718193 Email: Info@onellfesuffolk.co.uk Visit: www.onelifesuffolk.co.uk









# **IPSWICH FIT**



Friendly and welcoming facilities no matter your fitness level. Pay as you go or great value memberships, giving you the choice to get active how you want.

## www.ipswichfit.co.uk/memberships















## **Abs Blast**

Aerotone



An express class, quick and intensive abs workout that engages all of the muscles of your core and abdominal area.

- · Improves your balance and stability.
- · Works the muscles in your pelvis, lower back, hips and abdomen.
- Improves spinal and postural control.

Day	Time	Venue	Postcode	Price
Fri	17.30 -18:00	FTC Gym	IP1 5LU	£3.00

#### For further information please contact

Reception 01473 748390

A fusion of aerobics and toning - goodbye calories, hello energy. This class targets legs, arms and core with a mix of high and low impact moves to exhilarating music. Forget about exercise- Just have fun on the floor.

- Fun way to get fit and tone up.
- · Helps with weight loss, alongside a healthy diet.
- Conditions your heart and lungs whilst improving muscle strength.

Day	Time	Venue	Postcode	Price
Mon	19:00 - 20:00	FTC Gym	IP1 5LU	£3.00
Wed	18:30 - 19:30	FTC Gym	IP1 5LU	£3.00
Wed	10:15 -11:15	FTC Gym	IP1 5LU	£3.00

#### For further information please contact

Reception 01473 748390

## **Aqua Fit**





## **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
Tue	09:45 - 10:45	Bentley Village Hall		£3.00
Fri	10:50 - 11:50	Capel St Mary Methodist Churc	h	£3.00

#### For further information please contact

Jill Sharp 01473 311546 www.jillsharp.co.uk

Held in shallow water and suitable for all abilities, including pregnant ladies. A mix of low and high intensity moves set to music using weights and noodles for a full body workout.

· Simply kicking and waving in the water contributing to muscle development.

Day	Time	Venue	Postcode	Price
Mon	12:30 - 13:15	Crown Pools	IP1 3JA	£6.50 *
Mon	19:15 - 18:00	Crown Pools	IP1 3JA	£6.50 *
Mon	20:00 - 20:45	Crown Pools	IP1 3JA	£6.50 *
Tue	13:00 - 13:45	Crown Pools	IP1 3JA	£6.50 *
Tue	13:45 - 14:30	Crown Pools	IP1 3JA	£6.50 *
Wed	10:15 - 11:00	Crown Pools	IP1 3JA	£6.50 *
Wed	11:00 - 11:45	Crown Pools	IP1 3JA	£6.50 *
Thu	10:15 - 11:00	Crown Pools	IP1 3JA	£6.50 *
Thu	18:45 - 19:15	Crown Pools	IP1 3JA	£6.50 *
Fri	09:30 - 10:15	Crown Pools	IP1 3JA	£6.50 *
Fri	10:15 - 11:00	Crown Pools	IP1 3JA	£6.50 *

<sup>\*</sup> Concession - £5.00 or FREE with iCard Fitness memberships

For further information please contact

Ipswich Fit 01473 433655



#### **Badminton**

**Beatz** 



This is a session aimed at any adults who would like to have a go at playing badminton. Beginners are very welcome. The session includes a little bit of coaching each week followed by plenty of games. Not suitable for club players - this is an informal and fun session. All equipment is provided as well as a cuppa and a biscuit.

- Can help to reduce the risk of many health problems such as high blood pressure.
- Improves stamina and cardiovascular fitness.

Day	Time	Venue	Postcode	Price
Activ	Badminton			
Tue	14:00 - 15:00	Whitton Sports C	entre IP1 6LW	£4.50
Inclus	sive Badminton			
Tue	14:00 - 15:00	Suffolk New Colle	ge Sports Centre IP4 1LT	£4.00
For further information please contact				
Mike I	McCarthy	01473 345350 w	ww.activlives.org.uk	

Beatz fitness is a fun and simple, all inclusive group fitness brand led by certified Beatz instructors. Fit-Beatz- choreographed to popular and underground dance music, including a wide range of music styles such as house music, garage, R&B, mainstream dance music and more.

- 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	18:00 -19:00	FTC Gym	IP1 5LU	£3.00 *		
Thu	10:00 - 11:00	FTC Gym	IP1 5LU	£3.00 *		
Thu	12:30 - 13:30	FTC Gym	IP1 5LU	£3.00 *		
* One	* One Life concession membership £19.95					
For fu	For further information please contact					

Reception 01473 748390



group of people.

Mike McCarthy

## Bap n' Boccia

Enjoy a bap and a cuppa before playing boccia and kurling. Boccia is a Paralympic sport which is accessible to all abilities. Kurling is an adaption of the Ice Curling at the Winter Olympics but without the ice and all of that frantic sweeping! Stay independent and active, get out and meet a lovely

www.activlives.org.uk

· Accessible to all abilities, helping you to keep fit and active.

01473 345350

- Helps to improve strength and mobility whilst reducing your risk of falling.
- Improve your confidence, stay independent and meet others in a sociable environment.

Day	Time	Venue	Postcode	Price
Mon	13:00 - 15:00	Goldcrest Court	IP2 0SF	£4.00
For fu	rther information	ı please contact		

#### **Better Balance**



The Otago exercise programme is a strengthening and balance retraining programme designed to improve core stability and specifically to prevent falls. These sessions are ideal if you would like to stay steady on your feet, reduce your risk of falling, improve your confidence, stay independent, get out and meet others in a sociable environment. Discuss suitability when ringing to book.

£4.50
£4.50
£4.50
£4.50
£4.50
£4.50
£4.50
£4.50

For further information please contact

**Lindsay Bennett** 01473 345350



### Boccia

## **Bootcamp**



Come and play this very accessible sport and have fun with a great group of people! Boccia is played sitting down. It is a relatively easy game to play, but a tough game to play well – are you up for the challenge? This sport is particularly suitable for players who have mobility and/or stability issues.

- Helps to improve balance and coordination.
- · Increases strength.
- Improve your confidence, stay independent and meet others in a sociable

Day	Time	Venue	Postcode	Price		
Thu	10:00 - 12:00	Whitton Sports Centre	IP1 6LW	£4.00		
Inclus	sive Boccia					
Tue	16:30 - 18:00	Gainsborough Sports Centre	IP3 OSP	£4.00		
For further information please contact						

01473 345350

Gets you back to basics with these group sessions, which focus on militarystyle exercises and functional movements like push-ups, squats, sprints, and sit-ups, providing a killer workout and a chance to sweat in our large functional studio.

- Bootcamp training is the perfect workout for those with limited time.
- Typically involves several different exercises. Since you won't have to do any of them for more than a minute at a time, you won't get bored!
- An excellent option to help you lose weight alongside a healthy diet.

Day	Time	Venue	Postcode	Price
Mon	06:15	FTC Gym	IP1 5LU	£3.00 *
Mon	09:30	FTC Gym	IP1 5LU	£3.00 *
Fri	06:15	FTC Gym	IP1 5LU	£3.00 *

\* One Life concession membership £19.95

#### For further information please contact

Reception 01473 748390



Mike McCarthy

## **Body Conditioning**

www.activlives.org.uk

A full body workout utilising body weight to improve your general conditioning, speed, strength and endurance. These workouts will trim fat, increase tone and prepare your body for the daily rigours of life.

- Increases stamina and reduces fatigue.
- Full body workout, strengthening muscles whilst conditioning your heart and lungs to improve overall fitness.
- Increases overall awareness of your own body and co-ordination.

Day	Time	Venue	Postcode	Price
Wed	09:30 -10:15	FTC Gym	IP1 5LU	£3.00 *

\* One Life concession membership £19.95

For further information please contact

Reception 01473 748390

**Bowls** 



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Come and join us for some Short Mat Bowls. No experience or prior knowledge required. All of the equipment is provided. This is a sociable and fun session, beginners are very welcome and refreshments are included.

- Low impact way to improve fitness, coordination and skill development.
- Increase your confidence and self-esteem in a social environment.

Day	Time	Venue	Postcode	Price
Tue	10:45 - 12:45	Gainsborough Sports Centre	IP3 OSP	£4.00

<sup>\*</sup> First session is free then £4.00 thereafter

For further information please contact

Mike McCarthy 01473 345350 www.activlives.org.uk

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#### **Breast Cancer Exercise**

## **Buggy Fitness**



This is an invaluable, fully funded, 6-week course. It addresses some of the common problems following breast surgery and/ or following radiotherapy. Best attended approximately 6 weeks after surgery; can be accessed during or after radiotherapy. It will help address any tightness or swelling and improve range of movement. It will also help prevent the development of lymphoedema. Also offers invaluable peer support.

Day	Time	Venue	Postcode	Price		
*	*	<b>Ipswich Sports Club</b>	IP1 4NJ	**		
* Various days and times						

#### For further information please contact

John Le Vay Centre

01473 715 748

Recently had a baby and need to get active? Struggling with childcare? Then Buggy fitness is for you! Lead by trained health professionals, our Ipswich Buggy fitness sessions enable you to get active whilst spending time with your child. Incorporating cardio vascular and fat-burning exercises with strength training and toning, these postnatal exercise classes concentrate on the specific areas that need work after childbirth – all while your baby enjoys some fresh air! All you need is comfortable clothing, trainers and your buggy and child!

Day	Time	Venue	Postcode	Price
Tue	11:30 - 12:30	Whitton Sports Centre	IP1 6LW	£3.00 *
Thu	11:00 - 12:00	<b>Gainsborough Sports Centre</b>	IP3 OSP	£3.00 *

\* £1.50 concessions FREE for iCard pay monthly / annual members

#### For further information please contact

**Ipswich Fit** 01473 433655



#### **Breathe Well**

Our fully qualified instructors will run a gentle 1-hour exercise programme that will open up your lungs and enable you to do far more than you ever realised, plus there's an hours social time at the end of the class for a well earned tea or coffee. Low Impact session specifically designed for respiratory issues but can be used by other illnesses.

- Alleviate stress and anxiety whilst helping to improve concentration and sleep.
- Low impact activity helping to condition your heart and lungs, improving cardiovascular fitness.
- · Improve your confidence, stay independent and meet others in a sociable environment.

Day	Time	Venue	Postcode	Price
Tue	11:30 - 12:30	<b>Whitton Sports Centre</b>	IP1 6LW	£3.50
Thu	11:00 - 12:00	Whitton Sports Centre	IP1 6LW	£3.50

#### For further information please contact

**Ipswich Fit** 01473 433655

## Chair Based Exercise 🗸 🔏 😿 🖝

Low intensity session aimed at balance, coordination, mobility, flexibility, and falls prevention work. Where possible this session is tailored to meet individual needs.

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

Day	Time	Venue	Postcode	Price
Fri	10:00 - 11:00	Twelve Acre Approach, Kesgrave	IP5 1JF	£3.00

For further information	please contact
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**Chervl Tve** 01473 612648 chervl@kwmcc.co.uk

<sup>\*\*</sup> Free 6 week course thereafter £6.00 per session



## Circuits

E-gym



Includes exercise stations which are normally timed and will work the cardiovascular system, integrated with resistance exercises. Circuits are good for all round fitness and the individual can work at their own pace.

- Increases stamina and reduces fatigue.
- Full body workout, strengthening muscles whilst conditioning your heart and lungs to improve overall fitness.

Day	Time	Venue	Postcode	Price
Fri	<u> 18:00 - 19</u> :00	East Bergholt Sports Centre	C07 6RJ	£5.25
Matur	e Circuits			
Mon	10:00 - 11:00	Holbrook Sports Centre	IP9 2QX	*

<sup>\*</sup> First session is free then £4.75 thereafter

#### For further information please contact

Reception 01206 299340 ebreception@acleisure.com

2 Reception 01473 328015



#### **Commit to Get Fit**

Medium / high intensity exercise session based around a circuit. Exercises vary between core exercises to strengthen and increase flexibility, and cardiovascular exercise to raise the heart rate. This session can be tailored to meet individual needs. This is a child friendly session during school holidays.

- Increases stamina and reduces fatigue.
- Full body workout, strengthening muscles whilst conditioning your heart and lungs to improve overall fitness.
- · Promotes coordination and stability.

Day	Time	Venue	Postcode	Price
Wed	09:15 - 09:45	Twelve Acre Approach, Kesgrav	e IP5 1JF	£2.50

#### For further information please contact

Cheryl Tye 01473 612648 cheryl@kwmcc.co.uk



Boring and monotonous training on conventional training machines is now a thing of the past. Say goodbye to poor posture and problems using the equipment and say hello to noticeable results. The connected gym with fully electronic exercise equipment is already here. And digital fitness apparatus with chip access and apps are more than just marketing fluff – they're the start of a fitness-based revolution. It's a revolution that's transforming machine-based strength training into an essential element of any gym or fitness studio setup. Sophisticated technology, a strong focus on health and results, and carefully considered scientific evidence – this is what goes into eGym's market-leading state-of-the-art weight training equipment.

Day	Time	Venue	Postcode	Price
Variou	ıs days & times	FTC Gym	IP1 5LU	

#### For further information please contact

Reception 01473 748390





## 💙 🔏 🛦 😿 📻 Everyday ActivGardens

Exercise on Referral . & w ...

ActivLives has two Community Gardens in Ipswich and a horticultural project in Sudbury. ActivGardens enable people of all ages, abilities and ethnicity to get active, develop skills and confidence. While the People's Community Garden focuses on allotment gardening, nature and conservation, Chantry Walled Garden offers a chance for people to learn workplace skills in a vibrant walled garden and plant nursery. We run sessions for older people, schools and welcome volunteers to help maintain our gardens and support our many gardening projects.

Day	Time	Venue		
Mon, Wed & Fri People's Community Garden, Maidenhall Allotments, IP2 8RE Tue & Thu Chantry Walled Garden, Chantry Park, IP2 0BS				
For further information please contact				
Susan	nah Robir	osa 01473 345350 www.activliv	es.org.uk	



#### **Exercise Class**

Low / medium intensity session, utilising mobility, flexibility, balance, coordination and cardiovascular exercises. Where possible this session is tailored to meet individual needs.

- Improves mobility, strength, flexibility and posture.
- Boosts energy levels.
- Slows down age-related illnesses and conditions.

Day	Time	Venue	Postcode	Price
Mon	09:30 - 10:30	Twelve Acre Approach, Kesgrav	re IP5 1JF	£3.00

#### For further information please contact

**Cheryl Tye** 01473 612648 cheryl@kwmcc.co.uk

#### Requires you to go to your GP and get a referral.

Exercise on Referral is a scheme run by our level exercise referral instructor who conducts a free health and lifestyle consultation to new individuals, this allows the individual to meet with the instructor and to ask any questions they may have about the scheme. Once the consultation process is complete and the individual is happy to continue with the scheme, then we make an appointment for an induction with the instructor to design and take them through a personalised exercise regime based on that individual's medical conditions and what they want to achieve in the fitness gym. This programme is reviewed by the instructor to make sure it is up to date for the individual and meets their needs.

Day	Time	Venue	Postcode	Price
*	*	East Bergholt Sports Centre	C07 6RJ	*
		tion. Consultation is free. Induction a sessions thereafter £4.50	and Programr	ne £15.0

#### For further information please contact

ebreception@acleisure.com Reception 01206 299340

#### **Fun and Activ**



Includes fun games activities as well as a cuppa and biscuit!

- · Improves muscle strength and posture.
- Promotes coordination, stability and flexibility.
- Reduces stress and improves mood.

Day	Time	Venue	Postcode	Price
Thu	10:30 - 12:00	All Hallows Church Hall	IP3 OEN	£4.00

For further information please contact

Mike McCarthy 01473 345350 www.activlives.org.uk

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## **Fun Dancing**

Gym



Two left feet, no sense of rhythm, no problem- you will be very welcome. Each class is 60-minutes long and includes a warm up, dance routines and a cool down. Wear comfortable clothing and light flexible shoes. Bring water with you. Be prepared to get hot and sweaty- and to giggle while you wiggle.

- Improves heart and lung health by improving cardiovascular fitness.
- · Improves balance and coordination.
- Improves mental health and self-esteem.

Day	Time	Venue	Postcode	Price	
Thu	10:00 - 11:00	St Mary's Church Hall, Capel St M	ary, IP9 2EL	£7.00	
Thu	19:00 - 20:00	St Mary's Church Hall, Capel St M	ary, IP9 2EL	£7.00	
For further information please contact					

07506 350455 janet@mindbodymoment.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
*	*	4 University Avenue	IP3 0SF	**
*	*	Crown Pools	IP1 3JA	**
***	***	FTC Gym	IP1 5LU	***
*	*	Gainsborough Sports Centre	IP3 OSP	**
*	*	<b>Northgate Sports Centre</b>	IP4 3DJ	**
*	*	<b>Whitton Sports Centre</b>	IP1 6LW	**

<sup>\*</sup> Weekdays 8:00-22:00, Weekends 08:30-18:00, Bank Holidays Closed

#### For further information please contact

Ipswich Fit 01473 433655



## Fun Fit Friday

## Gymfit



#### **For Cancer Patients**

**Janet Drake** 

We run a weekly fitness class held in the hospital physiotherapy gym.

Day	Time	Venue	Postcode	Price
Fri	17:00 - 18:00	Ipswich Hospital, Main Outp	oatients Gym	*

\* Free 6 week course, thereafter £6.00 per session

#### For further information please contact

John Le Vay Centre 01473 715 748

Circuit format held in the gym using the fixed exercise machines along with added exercises using free weights, resistance bands, exercise balls etc. Individuals can work at their own pace.

- Work at your own pace to build your confidence within the gym environment.
- Improves muscle strength and promotes heart and lung health through cardiovascular fitness.
- Boosts energy levels.

Day	Time	Venue	Postcode	Price
Thu	10:00 - 11:00	East Bergholt Sports Centre	C07 6RJ	£5.25

#### For further information please contact

Reception 01206 299340 ebreception@acleisure.com

<sup>\*\*</sup> Pay As You Go £7.50 or £5.75 concession. Memberships available from £19.99

<sup>\*\*\*</sup> Contact Reception for Details, FTC Gym, 01473 748390



## **Keep Fit**

## **Kettlebells**



#### For 50+

Low impact exercise to music for over 50's to improve stamina, strength, posture and suppleness.

- Improves balance, flexibility and coordination.
- Strengthens muscles.
- Exercise at your own pace in a sociable environment.

Day	Time	Venue	Postcode	Price
Mon	11:00 - 12:00	Ascension Hall	IP1 6AN	£6.00
Mon	14:00 - 15:00	Bromeswell Village Hall	IP12 2YP	£6.00
Tue	10:45 - 11:45	St Michael's Church Centre	IP5 3PL	£6.00
Wed	10:45 - 11:45	All Saints Church Hall, Kesgrave	IP5 1AA	£6.00

#### For further information please contact

01473 620 511 julia.drewell.fitness@gmail.com Julia Drewell

A hand held weight that is used for an all over top to toe workout combining cardiovascular and resistance exercise to give an all in one class.

- Increases muscle strength and promotes heart and lung health through cardiovascular fitness.
- Improves coordination.
- · Acts as a physical and mental workout.

Day	Time	Venue	Postcode	Price
Tue	09:15 - 09:45	FTC Gym	IP1 5LU	£3.00 *

\* One Life concession membership £19.95

#### For further information please contact

Reception 01473 748390



## Keep on Rockin'

Feel your spirits lift and find a new confidence in singing! Learn some new songs – Learn harmonies to songs you know, improve your breathing, your circulation AND have some fun! Take some time out to relax and make music with others! Discuss suitability when ringing to book.

- Improves mood and reduces stress.
- Strengthens your core muscles whilst improving posture.
- Experience a sense of achievement, promoting confidence and social interaction.

Day	Time	Venue	Postcode	Price
Wed *	18:30 - 20:30	Stratford Court Sheltered Housing	IP1 6EQ	£5.00
Fri *	10:30 - 12:30	Woodbridge Library	IP12 1DT	£5.00

\* Alternate Wednesdays and Fridays

#### For further information please contact

**Julie Stokes** 01473 345350 www.activlives.org.uk

## Kurling and Boccia 💘 🔏 🕷 🖝



Have a go at two very inclusive sports, Kurling and Boccia and meet a lovely group of people. This session follows on from the ActivHubs Lunch Club. All abilities welcome.

- Improves overall co-ordination.
- Experience a sense of achievement, promoting confidence and social interaction.
- Inclusive to all individuals.

Day	Time	Venue	Postcode	Price
Tue	13:30 - 14:30	St Mary's at Stoke Church Hall	IP2 8DA	£2.50

#### For further information please contact

Mike McCarthy 01473 345350 www.activlives.org.uk



A targeted workout for the legs, bum and tum-shaping up and burning fat as you lunge, step and squat your way to fitness in this fun class using both weights and your own bodyweight. The high repetition based routines will put your lower body through their paces in a bid to trim down those areas we love to hate.

- · Increases stamina and reduces fatigue.
- Full body workout, strengthening muscles whilst conditioning your heart and lungs to improve overall fitness.
- Increases overall awareness of your own body and co-ordination.

Day	Time	Venue	Postcode	Price
Tue	18:30 - 19:30	FTC Gym	IP1 5LU	£3.00 *

\* One Life concession membership £19.95

For further	informatio	n please	contact
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Reception 01473 748390

## Low Impact Functional Training > 2 & w .

LIFT is a series of activities and games designed to get older people taking part in physical activity in our local community. The sessions are fun and enjoyable. All of the exercises are done using safe seated and standing exercises so you can always work at a level that's comfortable for you. The sessions are also designed specifically for people who are 60+ so it's never too late to get started. It's a physical activity that can help you improve your own health and wellbeing in a safe and sociable manner.

- · Reduces stress.
- Improves strength, mobility and general wellbeing.

Day	Time	Venue	Postcode	Price
*	*	FTC Gym	IP1 5LU	£3.00 **

- \* Please contact reception for dates and times
- \*\* One Life concession membership £19.95

#### For further information please contact

Reception 01473 748390

For 50+

## ♥ & & ₩ . Low Impact Fitness

A gentle exercise based class to music, aiming to increase flexibility, mobility, strength and cardiovascular component with a range of seated, standing and resistance based exercises. Suitable for fitness users who require a lower intensity and impact level.

- Reduces stress.
- Improves strength, mobility and general wellbeing.

Day	Time	Venue	Postcode	Price	
Mon	14:00 - 15:00	Whitton Sports Centre	IP4 3DJ	*	
Mon	16:00 - 17:00	Northgate Sports Centre	IP1 5LU	*	
£3.50	£3.50 a session or FREE for iCard pay monthly / annual members				

For further information please contact

**Ipswich Fit** 01473 433655

## **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 by creating better muscle symmetry and balance.
- The foundations of Pilates movement apply to everyone.

Day	Time	Venue	Postcode	Price
Mon	19:15 - 20:00	Bentley Village Hall	IP1 6LW	£4.50

For further inf	ormation please cont	tact
Jill Sharp	01473 311546	www.jillsharp.co.uk

**♥** 2 & ₩ 6.



## Pilates (cont)

## **Pilates Plus**



Day	Time	Venue	Postcode	Price
Tue	11:00 - 12:00	<b>Capel St Mary Methodist Church</b>		£4.50
Tue	19:00 - 20:00	Capel St Mary Methodist Church		£4.50
Tue	20:10 - 21:10	Capel St Mary Methodist Church		£4.50
Fri	08:30 - 09:30	Capel St Mary Methodist Church		£4.50

#### For further information please contact

Jill Sharp 01473 311546 www.jillsharp.co.uk

Day	Time	Venue	Postcode	Price
Tue	09:30 - 10:15	Gainsborough Sports Centre	IP3 OSP	*
Tue	10:30 - 11:15	<b>Gainsborough Sports Centre</b>	IP3 OSP	*
Tue	18:15 - 19:00	<b>Gainsborough Sports Centre</b>	IP3 OSP	*
Wed	10:30 - 11:15	<b>Gainsborough Sports Centre</b>	IP3 OSP	*
Thu	18:30 - 19:00	<b>Gainsborough Sports Centre</b>	IP3 OSP	*
Fri	10:30 - 11:15	<b>Gainsborough Sports Centre</b>	IP3 OSP	*
Sun	10:30 - 11:30	<b>Gainsborough Sports Centre</b>	IP3 OSP	*

<sup>\* £6.50</sup> per session £5.00 concessions FREE for iCard pay monthly / annual

#### For further information please contact

**Ipswich Fit** 01473 433655

Day	Time	Venue	Postcode	Price
Mon	19:15 - 20:00	Whitton Sports Centre	IP1 6LW	£6.50 *
Tue	10:30 - 11:15	<b>Gainsborough Sports Centre</b>	IP3 OSP	£6.50 *
Wed	12:30 - 13:15	<b>Gainsborough Sports Centre</b>	IP3 OSP	£6.50 *
Thu	10:30 - 11:15	<b>Gainsborough Sports Centre</b>	IP3 OSP	£6.50 *
Thu	17:45 - 18:30	<b>Gainsborough Sports Centre</b>	IP3 OSP	£6.50 *
Thu	18:30 - 19:15	<b>Gainsborough Sports Centre</b>	IP3 OSP	£6.50 *
Thu	19:15 - 20:00	Gainsborough Sports Centre	IP3 OSP	£6.50 *

<sup>\* £5.00</sup> concessions FREE for iCard pay monthly / annual members

#### For further information please contact

**Ipswich Fit** 01473 433655 Incorporates small equipment including using the Pilates Small Ball, Weighted Balls, Massage Balls and the Resistance Band. Discover how the balls and band add variety, challenge, resistance, control and fun! The class is suitable for all levels.

- · 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
Thu	19:15 - 20:00	<b>Gainsborough Sports Centre</b>	IP3 OSP	*
* £6.5	0 per session £5	5.00 concessions FREE for iCard p	ay monthly / a	annual
For fu	rther informatio	n please contact		
Ipswid	h Fit 014	173 433655		

## Ping Pong and Short Tennis V & & W .



This is a session is aimed at any adults who would like to have a go at playing Ping Pong and Short Tennis. Beginners are very welcome. No club players please - this is an informal, fun session. All equipment is provided as well as a cuppa and a biscuit.

- Improves hand-eye coordination.
- · Improves balance and stability.
- Raises self-esteem.

Day	Time	Venue	Postcode	Price
Wed	10:30 - 12:00	Gainsborough Sports Centre	IP3 OSP	£4.50

#### For further information please contact

Mike McCarthy 01473 345350 www.activlives.org.uk



## Pump

#### Sheds



This 45-60 minute workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key is focusing on high repetition movements with low weight loads.

- Increases stamina and reduces fatique.
- Full body workout, strengthening muscles whilst conditioning your heart and lungs to improve overall fitness.

Day	Time	Venue	Postcode	Price
Sat	09:45 - 10:15	FTC Gym	IP1 5LU	£3.00 *
* One	Life concession	membership £19.95		

For further information please contact

Reception 01473 748390 Part of an international network, 'Men in Sheds' - a place to work collaboratively, share skills and learn to build with wood.

- Builds self-esteem in a sociable environment.
- Feel a sense of accomplishment.
- · Reduces stress.

Day	Time	Venue	Postcode Price
Fri	10:00 - 13:00	<b>CRESS Pavillion</b>	IP2 8RE
For fu	rther information	n please contact	
Susan	ınah Robirosa	01473 345350	www.activlives.org.uk

## 💙 🔏 😽 👣 Seated Zumba Gold

Modified, completely chair based version of traditional Latin inspired cardio dance party workout; ideal for older, frailer or less abled adults. Also great for those recovering from illness/injury.

• Improves muscle strength and endurance.

For further information please contact

- Helps to support heart and lung function, improving cardiovascular fitness.
- Sociable environment helping to reduce stress and anxiety.

Day	Time	Venue	Postcode	Price	
Wed *	13:30 - 14:15	Rosary Conservative Club	IP1 4AB	£5.00	
Thu **	10:30 - 11:15	Alasdair Place, Claydon	IP6 0ED	£5.00	
* 1st & 3rd Wednesday of Month					
** Last	Thursday of Mo	onth			

Sarah Ann Gray 07450 730962 gray\_sa@hotmail.co.uk

Steps



Fun inclusive dance session-including strength and balance exercises to reduce the risk of falls. Followed by coffee and tea and a chance to socialise with others. Inclusive of all ability levels whether you are standing, seated or supported. Discuss suitability when ringing to book.

- · 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
Thu	10:00 - 11:00	California Social Club	IP1 5EP	
Thu	12:00 - 13:00	The Meeting Place, Limerick Close	IP1 5LR	

For further information please contact

Lindsay Bennett 01473 345350 www.activlives.org.uk

## 💙 🔏 🕷 🖝 Strength and Balance

## **Swimming**



A simple introduction to a mix of Yoga and Pilates, ideal for a slower pace to exercise.

- · Improves muscle strength and posture.
- · Promotes coordination, stability and flexibility.
- · Reduces stress and improves mood.

Day	Time	Venue	Postcode	Price
Tue	09:30 - 10:30	St Michael's Church Centre	IP5 3PL	£6.00
For fu	rther informatior	ı please contact		
Julia I	Drewell 014	73 620 511		

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
*	*	Crown Pools	IP1 3JA	* 1
*	*	Fore Street	IP4 1JZ	* 1
Coac	h-led Sessions fo	r Cancer Patients 🙏		
Tue	15:00 - 16:00	Fore Street	IP4 1JZ	£4 <b>2</b>

\* £5.20 or £3.75 concession. Memberships available from £19.99 See timetable online

#### For further information please contact (see key)

- 1 lpswich Fit 01473 433655
- 2 John Le Vay Centre 01473 715 748

## **♥** 2 & ₩ ••

## **Stretch and Tone**

STRETCH AND TONE: is a low impact stretch class, focusing on mobility, flexibility, muscle tightness and may include some foam roller work. You could say it is a mix of Yoga and Pilates with upbeat music. The 'Tone' element comes from strength work which is all based around bodyweight exercises.

- Improves muscle strength and posture.
- Promotes coordination, stability and flexibility.
- Reduces stress and improves mood.

Day	Time	Venue	Postcode	Price
Fri	12:30 - 13:15	FTC Gym	IP1 5LU	£3.00 *

\* One Life concession membership £19.95

For further information please contact

Reception 01473 748390

Tai Chi



Taken from Chinese methods of breathing and self-defence, this session will improve your posture, increase flexibility and leave you breathing more deeply.

- · Improves and maintains strength and flexibility.
- · Lowers levels of depression, stress and anxiety.
- Improves overall heart health.

Day	Time	Venue Po	ostcode	Price
Fri	11:15 - 12:15	Twelve Acre Approach, Kesgrave IP	5 1JF	£5.00

For further information please contact

Marion Walker 01473 612648 fitforliving2007@aol.com

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## The Gentleman's Club

Yoga



#### For Prostate Cancer Patients.

This is a 2 hour workshop explaining about your pelvic floor, and how exercise can help reduce or eliminate side effects of treatment, also advice on diet and lifestyle. You are then encouraged to join the 6 week exercise class.

Day	Time	Venue	Postcode	Price
*	*	Ipswich Hospital		Free

<sup>\*</sup> Various dates and times

John Le Vay Centre

01473 715 748



## **Walking Football**

Walking football, a lower impact game with rules that do not allow running, shooting through the laces and shoulder barging in order to create a slower friendly game of football which can be enjoyed by men or women.

- Studies have shown that it can be an effective treatment for mild to moderate hypertension.
- High levels of personal reward and satisfaction with reduced stress.
- Improved socialisation, giving the community the chance to become involved in something they really enjoy and make new friends.

Day	Time	Venue	Postcode	Price	
Sun	09:00 - 10:00	Holbrook Sports Centre	IP9 2QX	£3.75	1
Activ	<b>Walking Footbal</b>				
Thu	14:30 - 15:30	Gainsborough Sports Centre	IP3 OSP	£5.00	2
Fri	14:00 - 15:30	<b>Holbrook Sports Centre</b>	IP9 2QX	£5.50	2

#### For further information please contact (see key)

1 Reception 01473 328015

2 Mike McCarthy 01473 345350 www.activlives.org.uk

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental well-being. Yoga uses disciplined methods and techniques to help promote your general health, balance, coordination and body awareness.

- · Increase flexibility and all-round fitness.
- · Increase your energy levels.
- Reduce stress and improve concentration.

Day	Time	Venue	Postcode	Price
Mon	08:00 - 09:00	Gainsborough Sports Centre	IP3 OSP	£6.50 *
Tue	08:00 - 09:00	Gainsborough Sports Centre	IP3 OSP	£6.50 *
Wed	08:00 - 09:00	Whitton Sports Centre	IP1 6LW	£6.50 *
Wed	08:00 - 09:00	Gainsborough Sports Centre	IP3 OSP	£6.50 *
Sun	08:00 - 09:00	Gainsborough Sports Centre	IP3 OSP	£6.50 *
* £5.0	00 concessions F	REE for iCard pay monthly / an	nual member	S
Mumr	ny Yoga **			
Sun	08:00 - 09:00	Gainsborough Sports Centre	IP3 OSP	** * 1
** F	or Pregnant and	Post Natal Women. Free for the	first 8 weeks	s!
<b>Activ</b>	<mark>oga for Beginne</mark>	rs & Improvers		
Sun	12:30 - 13:30	Whitton Sports Centre	IP1 6LW	£6 2
<b>Activ</b>	oga for Beginne	rs & Improvers		
Sun	13:15 - 14:15	All Hallows Church Hall	IP3 OEN	£6 2
Fitnes	ss Yoga			
Mon	19:30 - 20:30	FTC Gym	IP1 5LU	£3 ***

<sup>\*\*\*</sup> One Life concession membership £19.95

#### For further information please contact (see key)

1 Reception 01473 328015

2 Mike McCarthy 01473 345350 www.activlives.org.uk

**3** Reception 01473 748390



## Yogalates

## **Zumba Gold**



Each block of 4 classes are essentially mini workshops. Each learning how to safely apply the benefits of yoga connecting Mind to Body to achieve physical and mental well being. Each class includes; Breathing and centring techniques, Pilates and Somatic techniques to establish a strong and safe physical foundation for yoga poses, relaxation and meditation techniques.

· Increase flexibility and all-round fitness.

Day	Time	Venue	Postcode	Price			
Mon	19:00 - 20:30	Raydon Pavillion	IP7 5LT	*			
Tue	09:30 - 11:00	Raydon Pavillion	IP7 5LT	*			
	* Block of 4 classes £72.00.  All new clients are required to attend a welcome 121 before joining.						

#### For further information please contact

Janet Drake 07506 350455 janet@mindbodymoment.co.uk



#### **Zumba Fitness**

Traditional Latin inspired cardio dance party workout for all levels.

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

Day	Time	Venue	Postcode	Price
Mon	10:00 - 11:00	Rosary Conservative Club	IP1 4AB	£5.00 *
Mon	19:30 - 20:30	Westbourne Academy	IP1 5JN	£5.00 *
Wed	18:00 - 19:00	Oaks Primary School	IP2 ONR	£5.00 *
Thu	19:15 - 20:15	<b>Bramford Road Methodist Church</b>	IP1 4AY	£5.00 *
Fri	10:00 - 11:00	Stone Lodge Community Association	n IP2 OQY	£5.00 *

<sup>\*</sup> or £36 for 8 Classes over 8 weeks

#### For further information please contact

Sarah Ann Gray 07450 730962 gray\_sa@hotmail.co.uk

Low-impact, easier level version of the traditional Latin inspired cardio dance party workout; ideal for older adults or those looking for a modified class, especially following recovery of illness or injury. Also great for beginners.

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

Day	Time	Venue	Postcode	Price
Mon	11:15 - 12:05	Rosary Conservative Club	IP1 4AB	£5.00 *
Mon	14:00 - 15:00	St Francis Church Hall	IP2 0QQ	£5.00 *
Wed	10:30 - 11:30	<b>Rosary Conservative Club</b>	IP1 4AB	£5.00 *

<sup>\*</sup> or £36 for 8 Classes over 8 weeks

#### For further information please contact

Sarah Ann Gray 07450 730962 gray\_sa@hotmail.co.uk



#### Aerobics

#### Aqua



A fun basic 30 min aerobics sessions with various levels of intensity to suit your ability followed by some toning and stretching. Group coffee and tea served afterwards in the Lounge.

- 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 09:30 - 10:30 Debenham Sports & Leisure IP14 6BL £5.							
* £4.9	* £4.99 when booked online						
For fu	rther informatio	n please con	tact				
Reception 01728 861101 info@debenhamsportsandleisure.co.u							



## **Anti-Gravity Treadmill**

Patients wear purpose made shorts that zip into a pressurised air chamber. Gravitational load and body weight can be reduced in precise 1% increments. This enables patients to move (walk or run) unrestricted, minimising pain. Helps to restore muscle strength, range of motion, balance, function and fitness. Because it enables activity when it may not have been possible before, it can also help towards weight loss.

- The unweighted technology reduces your weight by up to 80% whilst using the treadmill making it accessible for many health conditions.
- Provides a painless, controlled, low weight bearing form of exercise.

01449 763023

Helps to improve muscle strength whilst conditioning the heart and lungs.

Day	Time	Venue	Postcode	Price
N/A	N/A	PhysioFixx, Stowmarket	IP14 5GZ	*
pur the	chased. Fo time must	e trial. Varying prices according to to the packages over 180 minutes, there be used. £20.00 for 30 minutes £10 es £300 for 720 minutes,	is no end date	for when
For fu	ırther infor	mation please contact		

admin@physiofixx.co.uk

#### For 50+

These sessions are designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session for improving posture, flexibility and preventing injury.

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

Day	Time	Venue	Postcode	Price
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*
* Con	tact the orga	niser below for up to date class tin	nes and prices	5
For fu	rther informa	tion please contact		

## **Aqua Aerobics**

Becky Cruickshank 01449 674980 beckycruickshank@everyoneactive.com



A highly effective water workout, improving posture, flexibility, strength, cardio fitness and preventing injury.

- 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 Postcoo	le Price
*	*	Stradbroke Swim & Fitness Centre IP21 5JI	N *
*	*	Mid-Suffolk Leisure Centre IP14 1LF	<b>.</b> *

For further information	nlagge contact (	leas koul
For further information	piease contact (	see key)

- 1 Stuart Murdy 01379 384376 stuartmurdy@everyoneactive.com
- 2 Becky Cruickshank 01449 674980 beckycruickshank@everyoneactive.com

Reception

## **Back to Fitness**

#### **Burn and Tone**



Low intensity exercise class for those getting back to fitness who would like a less intense activity session. Focuses on mobility, strength and cardiovascular fitness.

- Builds confidence and self-esteem.
- Improves mobility and stability.
- Increases muscle strength and improves cardiovascular fitness.

Day	Time	Venue	Postcode	Price		
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*		
* Con	tact the organis	er below for up to date class tir	nes and prices			
For further information please contact						
Beckv	Cruickshank C	01449 674980 beckycruickshar	ık@evervoneac	tive.cor		

Burn and Tone - Legs, Bums and Tums, with routines that will keep you and your body guessing. Using protocols like Circuits, HIIT and Tabata for a fun and challenging workout.

- Increases stamina and reduces fatigue.
- Full body workout, strengthening muscles whilst conditioning your heart and lungs to improve overall fitness.
- Increases overall awareness of your own body and co-ordination.

Day	Time	Venue		Postcode	Price	
Mon	09:30 - 10:1	5 Barn Fitnes	ss, Grundisbrugh	IP13 6RL	*	
* First class is free then £8.50 per session or £29.00 for 4 classes (to be used within 30 days)						
For fu	rther informat	tion please cont	act			
Matt 0	Goldrick 0	7834 956545	www.barn-fitnes	ss.co.uk		

## **♥** 2 & ₩ **•**

**♥**2 & ₩ 6.

## **Breathe Easy**

## Clubbercise



A gentle circuit class geared towards people suffering with COPD and other lung conditions. All other long term conditions welcome. Tea/coffee social after the session.

- Alleviate stress and anxiety whilst helping to improve concentration and sleep.
- Low impact activity helping to condition your heart and lungs, improving cardiovascular fitness.
- Improve your confidence, stay independent and meet others in a sociable environment.

Day	Time	Venue		Postcode	Price
Mon	13:30	NRG Fitnes	s, Stowmarket	IP14 5AT	£4.00
For fu	rther infor	mation please cont	act		

The first thing you'll need for Clubbercise is a set of flashing rave glow sticks. These are reusable so much more environmentally friendly than the single use ones, we sell them for £5 at reception. We darken the room, get the disco lights going and start with a simple warm up routine. Then we work up a sweat dancing to floor fillers from 90's rave to recent dance anthems. The routines are easy-to-follow and always have high or low impact options. It's all about fun, not about perfection. Take it to your level, keep it simple and enjoy the music.

Day	Time	Venue	Postcode	Price
Mon	09:30 - 10:30	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Fri	18:00 - 19:00	NRG Fitness, Stowmarket	IP14 5AT	£5.50
For fu	rther information	n please contact		

Reception 01449 775770 info@nrg-fitness.co.uk



## **Cycling - Indoors**

#### **Forever Fit**



This is our gentle indoor cycle session that introduces you to the indoor cycle and understand how to use the bike to benefit your work out. Hum along to the tunes whilst working out and pedal the miles away.

- Low impact way to improve muscle strength and flexibility.
- · Promotes lung and heart health by improving cardiovascular fitness.
- A great way to help with weight loss, alongside a healthy diet.

Day	Time	Venue		Postcode	Price	
Fri	11:15 - 12:00	Debenham	Sports & Leisure	IP14 6BL	£5.20 *	
* £4.99 when booked online						
For fu	rther informatio	n please con	tact			
Recen	tion 01	728 861101	info@debenham	cnortcandlaic	uro co uk	

#### For 50+

A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class.

- Improves balance, flexibility and coordination.
- · Strengthens muscles.
- Exercise at your own pace in a sociable environment.

Day	Time	Venue	Postcode	Price
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*
Forev	er Fit Phas	e 4 Cardiac		
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*
* Con	tact the org	aniser below for up to date class tir	mes and prices	5

#### For further information please contact

Becky Cruickshank 01449 674980 beckycruickshank@everyoneactive.com



## Fitball Class

This class introduces you to stretch, toning and balance using a swiss ball to exercise with, using core muscles to improve your strength and flexibility.

- Improves core strength helping to improve posture and stability.
- Increases muscle strength and flexibility.
- Can help with weight loss, alongside a healthy diet.

Day	Time	Venue	Postcode	Price	
Thu	20:00 - 20:45	Debenham Sports & Leisure	IP14 6BL	£5.20 *	
* £4.99 when booked online					

For further information please contact	:t
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Reception 01728 861101 info@debenhamsportsandleisure.co.uk

Gym



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

- Reduces stress.
- · Improves self-confidence.
- Boosts energy levels.

Day	Time	Venue	Postcode	Price
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*

\* Contact the organiser below for up to date times and prices

#### For further information please contact

Becky Cruickshank 01449 674980 beckycruickshank@everyoneactive.com

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## **Keep Fit**

## Ladies Morning Fitness 💓 🔏 🕹 😿 🖝

#### For 50+

Low impact exercise to music for over 50's to improve stamina, strength, posture and suppleness

- Improves balance, flexibility and coordination.
- Strengthens muscles.
- Exercise at your own pace in a sociable environment.

Day	Time	Venue		Postcode	Price
Tue	14:15 - 15:15	Henley Comm	unity Centre	IP6 0QX	£6.00
Wed	14:00 - 15:00	Hacheston Vill	lage Hall	IP13 ODW	£6.00
For fu	rther informatio	n please contact			
Julia [	Orewell C	1473 620 511	julia.drewell.	fitness@gmai	l.com

## **♥**2 & ₩ **6.**

#### **Kettlebells**

A hand held weight that is used for an all over top to toe workout combining cardiovascular and resistance exercise to give an all in one class.

- Increases muscle strength and promotes heart and lung health through cardiovascular fitness.
- Improves coordination.
- · Acts as a physical and mental workout.

Day	Time	Venue	Postcode	Price
Wed	09:30 - 10:30	Barn Fitness, Grundisbrugh	IP13 6RL	* 1
Wed	09:45 - 10:30	NRG Fitness, Stowmarket	IP14 5AT	£5.50 2
Wed	19:30 - 20:00	NRG Fitness, Stowmarket	<b>IP14 5AT</b>	£5.50 2
Thu	18:15 - 19:00	NRG Fitness, Stowmarket	<b>IP14 5AT</b>	£5.50 2

\* First class is free then £8.50 per session or £29.00 for 4 classes (to be used within 30 days)

#### For further information please contact (see key)

1 Matt Goldrick 07834 956545 www.barn-fitness.co.uk Reception 01449 775770 info@nrg-fitness.co.uk

#### For 50+

A fun filled class of aerobic and toning using light hand weights followed by a floor based toning session. Group coffee and tea served afterwards in the Lounge.

- Increases stamina and reduces fatique.
- Full body workout, strengthening muscles whilst conditioning your heart and lungs to improve overall fitness.
- Increases overall awareness of your own body and co-ordination.

Day	Time	Venue	Postcode	Price
Tue	09:40- 10:40	Debenham Sports & Leisure	IP14 6BL	£5.20 *
* £4.9	9 when booked	online		

#### For further information please contact

Reception 01728 861101 info@debenhamsportsandleisure.co.uk

## Legs, Bums & Tums V & & W 🕶



A targeted workout for the legs, bum and tum-shaping up and burning fat as you lunge, step and squat your way to fitness in this fun class using both weights and your own bodyweight. The high repetition based routines will put your lower body through their paces in a bid to trim down those areas we love to hate.

- Increases stamina and reduces fatique.
- Full body workout, strengthening muscles whilst conditioning your heart and lungs to improve overall fitness.
- · Increases overall awareness of your own body and co-ordination.

Day	Time	Venue	Postcode	Price
Thu	18:30 - 19:15	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Fri	09:30 - 10:30	NRG Fitness, Stowmarket	IP14 5AT	£5.50

For further information p	olease contact
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Reception 01449 775770 info@nrg-fitness.co.uk



## **Living Well**

#### **Pilates**



#### For 60+

Dementia friendly class. Appropriate for all abilities. Mix of fun, social activity with exercise designed to keep you healthy and active for day to day life.

- Improves all round fitness.
- Exercise at your own pace in a sociable environment.

Day	Time	Venue	Postcode	Price
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*

\* Carers Free. Contact the organiser below for up to date class times and prices

For further information please contact

Becky Cruickshank 01449 674980 beckycruickshank@everyoneactive.com



## **New Age Kurling**

Kurling is an adaption of the Ice Curling at the Winter Olympics without the ice and all of the sweeping! Keep fit and active, improve strength and mobility, reduce your risk of falling, improve your confidence. Stay independent, get out and meet others in a sociable environment, and most importantly-have a great time. Discuss suitability when ringing to book.

- Improves overall co-ordination.
- Experience a sense of achievement, promoting confidence and social interaction.
- Inclusive to all individuals.

Day	Time	Venue		Postcode	Price
Wed	10:00 - 12:00	Stowmarke	t Scout Centre	IP14 1EX	£5.00
For fu	rther informati	on please cont	act		

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.

Day	Time	Venue	Postcode	Price
Tue	09:30 - 10:30	NRG Fitness, Stowmarket	IP14 5AT	£5.50 <b>1</b>
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	* 2
*	*	Stradbroke Swim & Fitness Centre	IP21 5JN	* 3
Fri	09:30 - 10:30	Barn Fitness, Grundisbrugh	IP13 6RL	** 4

- \* Contact the organiser below for up to date class times and prices
- \*\* First class is free then £8.50 per session or £29.00 for 4 classes (to be used within 30 days)

#### For further information please contact (see key)

1 Reception 01449 775770 info@nrg-fitness.co.u	.co.uk
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- 2 Becky Cruickshank 01449 674980 beckycruickshank@everyoneactive.com
- 3 Stuart Murdy 01379 384376 stuartmurdy@everyoneactive.com
- 4 Matt Goldrick 07834 956545 www.barn-fitness.co.uk

## Pilates/Feldenkrais Flow ♥ & & ₩ •



A gentle mat based class that combines Pilates with Feldenkrais, focusing on awareness and getting stronger.

- 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.

Day	Time	Venue	Postcode	Price
Mon	17:15	Laxfield Village Hall	IP13 8EW	£7-£10
Mon	09:30	Clopton Village Hall	IP13 6QN	£7-£10
Mon	14:00	Clopton Village Hall	IP13 6QN	£7-£10

For further information please contact

Katharina Hesse 01728 638 604 kat@rhythmoflife.org.uk



## Spin

## **Swimming**



Spinning classes are ideal for people of all levels of fitness and experience. The joy of spinning is that you are in complete control at all times using a resistance dial on your individual spin bike. Throughout the class the instructor will bring you through a series of hills, intervals and sprints encouraging you to push and challenge yourself to achieve your individual goal.

Day	Time	Venue	Postcode	Price
Mon	18:15 - 19:00	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Tue	18:00 - 18:45	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Wed	09:15 - 09:45	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Wed	18:00 - 18:45	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Wed	19:15 - 20:00	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Thu	18:00 - 18:45	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Thu	18:50 - 19:35	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Fri	06:30 - 07:15	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Fri	18:00 - 18:45	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Sun	08:30 - 09:15	NRG Fitness, Stowmarket	IP14 5AT	£5.50
Sun	09:30 - 10:15	NRG Fitness, Stowmarket	IP14 5AT	£5.50

## For further information please contact

Reception 01449 775770 info@nrg-fitness.co.uk



## Strength and Flex

A simple introduction to a mix of yoga and Pilates, ideal for a slower pace to exercise.

- · Improves muscle strength and posture.
- Promotes coordination, stability and flexibility.
- Reduces stress and improves mood.

Day	Time	Venue	Postcode	Price
Mon	18:00 - 19:00	Debenham Sports & Leisure	IP14 6BL	£5.20 *
* £4.9	9 when booked	online		

#### For further information please contact

Reception 01728 861101 info@debenhamsportsandleisure.co.uk

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
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*
*	*	Stradbroke Swim & Fitness Cent	re IP14 1LH	*
<b>iCanS</b>	wim (Volunt	eer Supported Session)		
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*

<sup>\*</sup> Contact the organiser below for up to date class times and prices

#### For further information please contact

- 1 Becky Cruickshank 01449 674980 beckycruickshank@everyoneactive.com
- 2 Stuart Murdy 01379 384376 stuartmurdy@everyoneactive.com

#### Tai Chi



Taken from Chinese methods of breathing and self-defence, this session will improve your posture, increase flexibility and leave you breathing more deeply.

- Improves and maintains strength and flexibility.
- · Lowers levels of depression, stress and anxiety.
- Improves overall heart health.

Day	Time	Venue	Postcode	Price
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*

\* Contact the organiser below for up to date class times and prices

#### For further information please contact

Becky Cruickshank 01449 674980 beckycruickshank@everyoneactive.com



#### **Tea Dance**

## **Walking Football**



Dance instructor led tea dance activity involving lots of different dance types from salsa to fox trot. Tea and cake provided. No partners required!

- Improves bone and joint health.
- Improves stamina, muscle strength and cardiovascular fitness.
- Promotes confidence and social interaction.

Day	Time	Venue	Postcode	Price
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*

<sup>\*</sup> Contact the organiser below for up to date class times and prices

#### For further information please contact

Becky Cruickshank 01449 674980 beckycruickshank@everyoneactive.com

#### For 50+

Walking football, a lower impact game with rules that do not allow running, shooting through the laces and shoulder barging in order to create a slower friendly game of football which can be enjoyed by men or women

- Studies have shown that it can be an effective treatment for mild to moderate hypertension.
- High levels of personal reward and satisfaction with reduced stress.
- Improved socialisation, giving the community the chance to become involved in something they really enjoy, make new friends, form lasting relationships with like-minded people.

Day	Time	Venue	Postcode	Price	
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	*	
* Con	tact the orga	aniser below for up to date class tir	mes and prices	5	
For further information please contact					

Laura Worsley 07801 532059

## **♥** 2 & ₩ 6.

## **Total Toning**

Total Toning- tone up and strengthen all those key areas whilst challenging your heart and lungs. This total body fitness class incorporates the use of equipment and body weight exercises with interval and HIIT training to get you feeling stronger and fitter quickly. Suitable for all abilities each exercise can be adjusted to challenge YOU!

- Increases stamina and reduces fatigue.
- Full body workout, strengthening muscles whilst conditioning your heart and lungs to improve overall fitness.
- Increases overall awareness of your own body and co-ordination.

Day	Time	Venue	Postco	de Price	
*	*	Stradbroke Swi	im & Fitness Centre IP14 1L	H *	
* Contact the organiser below for up to date class times and prices					
* Con	tact the org	janiser below for up	to date class times and p	rices	
		paniser below for up	•	rices	

## X Circuits



**♥** 2 & ₩ ••

Using the incredible X Cube rig and exclusive fitness equipment you'll be sure to Shred Fat, improve Stamina and Sports Performance in an action packed functional Circuit Class.

- Circuit training is the perfect workout for those with limited time.
- Typically involves several different exercises. Since you won't have to do any of them for more than a minute at a time, you won't get bored.
- Circuit training is an excellent option to help you lose weight along with a healthy diet.

Day	Time	Venue	Postcode	Price
Tue	10:00 - 11:00	Barn Fitness, Grundisbrugh	IP13 6RL	*
Thu	10:00 - 11:00	Barn Fitness, Grundisbrugh	IP13 6RL	*

\* First class is free then £8.50 per session or £29.00 for 4 classes (to be used within 30 days)

For further information please contact

07834 956545 www.barn-fitness.co.uk Matt Goldrick



## Yoga

## Zumba



Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental well-being. Yoga uses disciplined methods and techniques to help promote general health, balance, coordination and body awareness.

- · Increase flexibility and all-round fitness.
- · Increase energy levels.
- · Reduce stress and improve concentration.

Day	Time	Venue	Postcode	Price
Mon	20:00 - 21:00	NRG Fitness, Stowmarket	IP14 5AT	£5.50 1
Wed	18:00 - 19:00	NRG Fitness, Stowmarket	<b>IP14 5AT</b>	£5.50 <b>1</b>
*	*	Mid-Suffolk Leisure Centre	IP14 1LH	* 2
Fri	19:00 - 20:00	NRG Fitness, Stowmarket	<b>IP14 5AT</b>	£5.50 <b>1</b>
Sun	09:30 - 10:30	Barn Fitness, Grundisbrugh	IP13 6RL	* 3
Yoga	for Bones and Fa	all Prevention		
Tue	11:15	Matspace, Framlingham	IP13 9BA	£10.00 4

<sup>\*</sup> Contact the organiser below for up to date class times and prices

#### For further information please contact (see key)

1	Reception	01449 775770	info@nrg-fitness.co.uk
2	<b>Becky Cruickshank</b>	01449 674980	beckycruickshank@everyoneactive.com
3	Matt Goldrick	07834 956545	www.barn-fitness.co.uk
4	Katharina Hesse	01728 638604	kat@rhythmoflife.org.uk

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 rhythm take you over you'll see why these classes are often called exercise in disguise.

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

Day	Time	Venue	Postcode	Price
*	*	Stradbroke Swim & Fitness Centr	e IP14 1LH	*
* Co	ntact the organi	ser below for up to date class ti	mes and price	es.

For further information please contact				
Stuart Murdy	01379 384376	stuartmurdy@everyoneactive.com		

<sup>\*\*</sup> First class is free then £8.50 per session or £29.00 for 4 classes (to be used within 30 days)



#### **Better Balance**

## **Body Pump**



The Otago exercise programme is a strengthening and balance retraining programme designed to improve core stability and specifically to prevent falls. These sessions are ideal if you would like to stay steady on your feet, reduce your risk of falling, improve your confidence, stay independent, get out and meet others in a sociable environment. Discuss suitability when ringing to book.

- Stay steady on your feet, improving balance, strength and mobility.
- Reduce your risk of falling.
- Improve your confidence, stay independent and meet others in a sociable environment.

Day	Time	Venue	Postcode	Price			
Wed	10:00 - 12.00	King George Community Centre	IP16 4JX	£5.00			
Bette	Balance - Leve	el 1					
Tue	11:00 - 12.00	Walton Community Hall	IP11 9DS	£4.50			
For further information please contact							
Lindsa	v Bennett (	01473 345350 www.activlive	s.ora.uk				

## **♥** 2 & ₩ ••

## **Body Combat**

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Strike, punch, kick and kata your way through calories to superior cardio fitness. This class is not suitable during any stage of pregnancy.

· Increases stamina and reduces fatigue.

Day	Time	Venue	Postcode	Price
*	*	Felixstowe Leisure Centre	IP11 2AE	** 1
*	*	<b>Deben Leisure Centre</b>	IP12 4AU	** 2
*	*	Leiston Leisure Centre	IP16 4LS	** 3

- \* Please contact the centre for days and times.
- \*\* First session is free, booking required.

#### For further information please contact (see key)

1	Reception	01394 694900	enquiries@felixstoweleisurecentre.co.uk
2	Reception	01394 388991	enquires@debenleisurecentre.co.uk
3	Reception	01728 830364	enquires@leistonleisurecentre.co.uk

The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using exercises like squats, presses, lifts and curls. Great music, awesome instructors and results you came for – fast!

• Full body workout, strengthening muscles whilst conditioning your heart and lungs to improve overall fitness.

Day	Time	Venue	Postcode	Price
*	*	Felixstowe Leisure Centre	IP11 2AE	** 1
*	*	<b>Deben Leisure Centre</b>	IP12 4AU	** 2
*	*	Leiston Leisure Centre	IP16 4LS	** 3

- Please contact the centre for days and times.
- \*\* First session is free, booking required.

#### For further information please contact (see key)

1	Reception	01394	694900	enquiries@felixstoweleisurecentre.co.uk
2	Reception	01394	388991	enquires@debenleisurecentre.co.uk
3	Reception	01728	830364	enquires@leistonleisurecentre.co.uk

#### **Breast Cancer Exercise**



This is an invaluable, fully funded, 6-week course. It addresses some of the common problems following breast surgery and/ or following radiotherapy. Best attended approximately 6 weeks after surgery; can be accessed during or after radiotherapy. It will help address any tightness or swelling and improve range of movement. It will also help prevent the development of lymphoedema. Also offers invaluable peer support.

Day	Time	Venue	Postcode	Price
*	*	Felixstowe Leisure Centre	IP11 2AE	**

- \* Various days and times
- \*\* Free 6 week course thereafter £6.00 per session

#### For further information please contact

John Le Vay Centre 01473 715 748



Exercise on Referral V & & W ...

Low intensity session aimed at balance, coordination, mobility, flexibility, and falls prevention work. Where possible this session is tailored to meet individual needs.

- · Improves mobility, strength, flexibility and posture.
- Promotes independence.
- Slows down age-related illnesses and conditions.

Day	Time	Venue	Postco	de Price		
Tue	14:45 - 15:45	Old Felixsto	we Community Centre IP11 9N	B £6.00		
For further information please contact						
Julia I	Drewell 014	473 620 511	julia.drewell.fitness@gma	nil.com		

12 week exercise on referral programme, all-inclusive membership with support from qualified instructors throughout the journey, qualifying conditions include: High blood pressure, Stroke Survivor, Arthritis, Osteoporosis, Asthma, COPD, Diabetes, Overweight, Stress/Anxiety/ Depression, Cardiac Rehab, Cancer Patients, Rehab, High cholesterol.

Day	Time	Venue	Postcode	Price
*	*	Felixstowe Leisure Centre	IP11 2AE	** 1
*	*	<b>Deben Leisure Centre</b>	IP12 4AU	** 2
*	*	Leiston Leisure Centre	IP16 4LS	** 3

- \* Please contact the centre for days and times.
- \*\* First session is free, booking required.

#### For further information please contact (see key)

1	Reception	01394	694900	enquiries@felixstoweleisurecentre.co.uk
2	Reception	01394	388991	enquires@debenleisurecentre.co.uk
3	Reception	01728	830364	enquires@leistonleisurecentre.co.uk



## **Cycling - Indoors**

Our exciting, instructor led indoor cycling classes are perfect for beginners to serious cyclists. A fantastic calorie burner for 30 or 45 minutes.

- Low impact way to improve muscle strength and flexibility.
- Promotes lung and heart health by improving cardiovascular fitness.

Day	Time	Venue	Postcode	Price
*	*	Felixstowe Leisure Centre	IP11 2AE	** 1
*	*	<b>Deben Leisure Centre</b>	IP12 4AU	** 2
*	*	<b>Leiston Leisure Centre</b>	IP16 4LS	** 3

- \* Please contact the centre for days and times.
- \*\* First session is free, booking required.

#### For further information please contact (see key)

1	Reception	01394 694900	enquiries@felixstoweleisurecentre.co.uk
2	Reception	01394 388991	enquires@debenleisurecentre.co.uk
3	Reception	01728 830364	enquires@leistonleisurecentre.co.uk

## **Getting Back on Track**



#### **For Cancer Patients**

This is a fun, 6-week course held every Tuesday 1.30-2.30 at Brackenbury Sports Club, Felixstowe, designed to gradually help build up your stamina and muscle strength; also greatly helps with general health and wellbeing. Sessions can be tailor-made to suit all fitness levels including seated exercises. You may have someone attend with you.

Day	Time	Venue	Postcode	Price
Tue	13:30 - 14:30	<b>Brackenbury Sports Centre</b>	IP11 9JF	*

\* Free for first 6 weeks thereafter £3.00

#### For further information please contact

John Le Vay Centre 01473 715 748

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## **Keep Fit**



Low impact exercise to music for over 50's to improve stamina, strength, posture and suppleness

- Improves balance, flexibility and coordination.
- Strengthens muscles.
- Exercise at your own pace in a sociable environment.

Day	Time	Venue	Postcode	Price	
Mon	14:00 - 15:00	Bromeswell Village Hall	IP12 2YP	£6.00	
Fri	13:30 - 14:30	Old Felixstowe Community Centre	P11 9NB	£6.00	
For further information please contact					

Julia Drewell 01473 620511 julia.drewell.fitness@gmail.com

**New Age Kurling** – A target game based on the Winter Olympic sport of Ice Curling. Very similar but without the ice and all of that frantic sweeping! A very inclusive game that can be played seated or standing.

**New Age Bowls** – An adapted version of the regular game of bowls played with very light bowls that can be used on any indoor surface. A very inclusive game that can be played seated or standing.

**Boccia** – A Paralympic sport that is easy to play, but very tricky to play well! This is a seated sport that is played indoors, it is similar to the outdoor game of Petanque. A target game that can be played as singles, pairs or teams. This is a very inclusive sport that can be played in a variety of indoor settings.

Day	Time	Venue	Postcode	Price
Sat	13:30 - 15	5:30 Senior Citize	ens Centre, Felixstowe IP11 7DD	£5.00
For fu	rther inforn	nation please cont	act	
	Stokes	01473 345350	www.activlives.org.uk	



## Keep on Rockin'

Feel your spirits lift and find a new confidence in singing! Learn some new songs – Learn harmonies to songs you know, improve your breathing, your circulation AND have some fun! Take some time out to relax and make music with others! Discuss suitability when ringing to book.

- Improves mood and reduces stress.
- Strengthens your core muscles whilst improving posture.
- Experience a sense of achievement, promoting confidence and social

Day	Time	Venue	Postcode	Price	
Fri *	10:30 - 12:30	Woodbridge Library	IP12 1DT	£5.00	
* Alte	* Alternate Fridays				

#### For further information please contact

Julie Stokes 01473 345350 www.activlives.org.uk

**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.

Day	Time	Venue	Postcode	Price
*	*	Felixstowe Leisure Centre	IP11 2AE	** 1
*	*	<b>Deben Leisure Centre</b>	IP12 4AU	** 2
*	*	<b>Leiston Leisure Centre</b>	IP16 4LS	** 3

- \* Please contact the centre for days and times.
- \*\* First session is free, booking required.

#### For further information please contact (see key)

1	Reception	01394 694900	enquiries@felixstoweleisurecentre.co.uk
2	Reception	01394 388991	enquires@debenleisurecentre.co.uk

3 Reception 01728 830364 enquires@leistonleisurecentre.co.uk



## ♥ & & ₩ . Strength & Balance

Yoga



Class focusing on maintaining strength and balance for older adults including floor work

- Improves muscle strength and posture.
- Promotes coordination, stability and flexibility.

Day	Time	Venue	Postcode	Price
Mon	10:00	Kettleburgh Village Hall	IP13 7JZ	£5 <b>1</b>
Mon	14:00	Easton Village Hall	IP13 OEF	£5 <b>1</b>
Tue	11:00	Kettleburgh Village Hall	IP13 7JZ	£4 <b>1</b>
Thu	10:15	Leiston United Church	IP16 4EL	£4 <b>1</b>
Thu	11:15	Leiston United Church	IP16 4EL	£4 <b>1</b>
Thu	14:30	Friston Village Hall	IP17 1PU	£4 <b>1</b>
Fri	11:45	Fairfield Centre, Aldeburgh	IP15 5JS	£4 <b>1</b>
Fri	16:00 - 17:00	Old Felixstowe Community Centre	e IP11 9NB	£4 <b>2</b>

#### For further information please contact (see key)

1 Amanda Mallett 07917 301243

Julia Drewell 01473 620511 julia.drewell.fitness@gmail.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.

Day	Time	Venue	Postcode	Price
*	*	Felixstowe Leisure Centre	IP11 2AE	** 1
*	*	<b>Deben Leisure Centre</b>	<b>IP12 4AU</b>	** 2
*	*	Leiston Leisure Centre	<b>IP16 4LS</b>	** 3
Swim	and Socialise fo	or Cancer Patients 🔏		
Wed	11:00 - 12:30	Ufford Park	<b>IP12 1QW</b>	Free 4

- \* Please contact the centre for days and times.
- \*\* First session is free, booking required.

#### For further information please contact (see key)

1	Reception	01394 694900	enquiries@felixstoweleisurecentre.co.uk
2	Reception	01394 388991	enquires@debenleisurecentre.co.uk
3	Reception	01728 830364	enquires@leistonleisurecentre.co.uk
1	John Le Vay	01/173 7157/19	

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental well-being. Yoga uses disciplined methods and techniques to help promote your general health, balance, coordination and body awareness.

- · Increase flexibility and all-round fitness.
- · Increase your energy levels.
- Reduce stress and improve concentration.

Day	Time	Venue	Postcode	Price
*	*	Felixstowe Leisure Centre	IP11 2AE	** 1
*	*	<b>Deben Leisure Centre</b>	IP12 4AU	** 2
*	*	Leiston Leisure Centre	IP16 4LS	** 3

- \* Please contact the centre for days and times.
- \*\* First session is free, booking required.

#### For further information please contact (see key)

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2 Reception	01394 388991	enquires@debenleisurecentre.co.uk
3 Reception	01728 830364	enquires@leistonleisurecentre.co.uk

## 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.



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

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## One Life

## **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.

ours, godiernos	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							



For more information call 01473 345350 www.activlives.org.uk



#### ActivSheds

Every Friday 10am - 1pm Come and learn and share skills, make items for the gardens and the community and meet and make new friends.

## Bee Amazed Project

Every Monday 1:30pm - 3:30pm get hands on with Bees at the People's Community Garden, Halifax Rd Ipswich-To find out more information contact Danny on 07532 794173

## 'Carry on Gardening' for all ages

Every Thursday 9am - 3pm Come and help maintain our beautiful gardens, share skills and make friends over a cuppa-Contact Lesley to make an appointment on 014/3 345350.



## Keep On Rockin' Singing Groups

Twice a month on a Wednesday evening 6:30pm 8:30pm 14th & 28th August

11th & 25th September

Stratford Court Sheltered Housing , Ipswich, IP1 6EQ Cost per session = £3.50

Twice a month on a Friday moming 10:30am - 12:30pm

16th & 30th August 13th % 27th September

Woodbridge Library, New St, Woodbridge, IP12 1DT Cost per session = £5.00



## WOODBRIDGE Better Balance

FREE taster session followed by coffee morning on

Thursday 19th September 6 week course starts on Thursday 26th September

10.30am - 12 noon

Quay Church, Quay Street, Woodbridge, IP12 18X Stay Steady on your feet, Reduce your risk of falling, Get out and meet others!

To book a place or for more information call Lindsay on 01473 345350

# Elderflower

Do you have caring responsibilities for an older family member? Come and join us at our friendly Elderflower Fub, where we offer you the apportunity to meet other covers in a released environment, with a cup of coffee, a piece of cake, and a fun cetholy! You're also welcome to bring along the person you care for

#### Every Thursday

Starting 12th September 2019 10.30am-130pm £3.00 per session

CRESS Pavilion, Halifax Road, Ipswich, IP.2 8RE

The hijo is supported by staff and valunteers who are happy to have a chat and proude advice if needed

> For more information, contact Olson or Grea on 01473 345350









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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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