<table>
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<th>Date</th>
<th>Activity</th>
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| Wednesday 1st January | Join the New Year’s Day OneLife Suffolk Health Walk  
|                   | 10:15  
|                   | Abbeygate Entrance to the Abbey Gardens in Bury St Edmunds  
|                   | IP33 1LS |
| Thursday 2nd January | CxWorx  
|                   | 11- 11:30  
|                   | Sudbury Kingfisher Leisure Centre  
|                   | Circuit Training  
|                   | 20:00 – 21:00  
|                   | Northgate Sports Centre, Ipswich |
| Friday 3rd January | Step and Tone  
|                   | 9:30 – 10:15  
|                   | Waterlane Leisure Centre  
|                   | Lowestoft  
|                   | Indoor Cycling  
|                   | 17:45 – 18:30  
|                   | Brandon Leisure Centre  
|                   | CxWorx  
|                   | 17:45 – 18:15  
|                   | Studio 1  
|                   | Leiston Leisure Centre |
| Saturday 4th January | **Parkrun of choice:** Ipswich, Kesgrave, Felixstowe, Great Cornard, Clare, Haverhill, Brandon, Bury St Edmunds, Lowestoft or Sizewell  
|                   | Starts at 9am  
|                   | To register and to discover details of start location log on to: [www.parkrun.org.uk](http://www.parkrun.org.uk) |
| Sunday 5th January | **Great run local:** Needham or Holbrook  
|                   | Starts at 9am  
|                   | To register and to discover details of start location log on to: [www.greatrunlocal.org/](http://www.greatrunlocal.org/)  
|                   | Yoga  
|                   | 9:45 – 11  
|                   | Hadleigh Pool and Leisure |
| Monday 6th January | Fit and Active  
|                   | 8 – 8:55  
|                   | Sudbury Kingfisher Leisure Centre  
|                   | Boxercise  
|                   | 9.30 – 10:30  
|                   | Studio 1  
|                   | Brandon Leisure Centre  
|                   | Kettle Bells  
|                   | 18:00 – 19:00  
|                   | Waterlane Leisure Centre  
|                   | Lowestoft |
| Tuesday 7th January | Clubbersise  
|                   | 18:15 – 19:00  
|                   | Felixstowe leisure Centre  
|                   | Body Attack  
|                   | 18:00 – 19:00  
|                   | Bury Leisure Centre |