

Week 1

| Date | Activity |
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| Wednesday 1 st 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 2 nd January | CxWorx 11- 11:30 Sudbury Kingfisher Leisure Centre Circuit Training 20:00 – 21:00 Northgate Sports Centre, Ipswich |
| Friday 3 rd 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 4 th 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 |
| Sunday 5 th 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/ Yoga 9:45 – 11 Hadleigh Pool and Leisure |
| Monday 6 th 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 7 th January | Clubbersise 18:15 – 19:00 Felixstowe leisure Centre Body Attack 18:00 – 19:00 Bury Leisure Centre |