<table>
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<tr>
<th>Date</th>
<th>Activity</th>
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| Wednesday 15th January | Yogalates  
Bury St Edmunds Leisure Centre  
10:45 – 11:30  
Total Toning  
18:50 – 19:35  
Mid Suffolk Leisure Centre, Stowmarket |
| Thursday 16th January  | Active Suffolk Fit Village Launch  
Yoga  
18:30 – 19:30  
Easton Village Hall  
Active Suffolk Fit Village Launch Low Impact Circuits  
19:45 – 20:45  
Capel St Mary Primary  
CxWorx  
11- 11:30  
Sudbury Kingfisher Leisure Centre |
| Friday 17th January | Legs, Bums and Tums  
9:30 – 10:30  
Whitton Sports Centre  
Indoor Cycling  
17:45 – 18:30  
Brandon Leisure Centre |
| Saturday 18th 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 19th 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 20th January | Fit and Active  
8 – 8:55  
Sudbury Kingfisher leisure centre  
Body Attack  
18:40 – 19:25  
Studio 1  
Leiston Leisure Centre |
| Tuesday 21st January | Body Attack  
18:00 – 19:00  
Bury Leisure Centre  
Core Conditioning  
20:00– 20:45  
Felixstowe Leisure Centre |