

Week 3

Date	Activity
Wednesday 15 th January	<p>Yogalates Bury St Edmunds Leisure Centre 10:45 – 11:30</p> <p>Total Toning 18:50 – 19:35 Mid Suffolk Leisure Centre, Stowmarket</p>
Thursday 16 th January	<p>Active Suffolk Fit Village Launch Yoga 18:30 – 19:30 Easton Village Hall</p> <p>Active Suffolk Fit Village Launch Low Impact Circuits 19:45 – 20:45 Capel St Mary Primary</p> <p>CxWorx 11- 11:30 Sudbury Kingfisher Leisure Centre</p>
Friday 17 th January	<p>Legs, Bums and Tums 9:30 – 10:30 Whitton Sports Centre</p> <p>Indoor Cycling 17:45 – 18:30 Brandon Leisure Centre</p>
Saturday 18 th January	<p>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</p>
Sunday 19 th January	<p>Great run local: Needham or Holbrook Starts at 9am To register and to discover details of start location log on to: www.greatrunlocal.org/</p> <p>Yoga 9:45 – 11 Hadleigh Pool and Leisure</p>
Monday 20 th January	<p>Fit and Active 8 – 8:55 Sudbury Kingfisher leisure centre</p> <p>Body Attack 18:40 – 19:25 Studio 1 Leiston Leisure Centre</p>
Tuesday 21 st January	<p>Body Attack 18:00 – 19:00 Bury Leisure Centre</p> <p>Core Conditioning 20:00- 20:45 Felixstowe Leisure Centre</p>