<table>
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<tr>
<th>Date</th>
<th>Activity</th>
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| **Wednesday 22nd January** | Yogalates  
10:45 – 11:30  
Bury St Edmunds Leisure Centre  
Les Mills Sprint Class  
13:00 – 13:30  
In the Group Cycling Studio  
Leiston Leisure Centre |
| **Thursday 23rd January** | CxWorx  
11- 11:30  
Sudbury Kingfisher Leisure Centre  
Tea dance for all ages  
10:45 – 12:15  
Mid Suffolk Leisure Centre  
Metafit  
19:00 – 19:45  
Mid Suffolk Leisure Centre, Stowmarket |
| **Friday 24th January** | Indoor Cycling  
17:45 – 18:30  
Brandon Leisure Centre  
Fitness Pilates  
18:25 – 19:25  
Studio 1  
Leiston Leisure Centre |
| **Saturday 25th 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 26th 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 27th January** | Active Suffolk Fit Villages Launch Pilates  
13:00 -14:00  
Corton Community Room  
Active Suffolk Fit Village Launch Nordic Walking  
11:15  
Coddenham Centre  
Fit and Active  
8 – 8:55  
Sudbury Kingfisher leisure centre |
| Tuesday 28<sup>th</sup> January | Pump & Abs  
9:15 – 10:15  
Waterlane Leisure Centre  
Lowestoft  
Body Attack  
18:00 – 19:00  
Bury Leisure Centre |