

## Week 4

Date	Activity
Wednesday 22 <sup>nd</sup> January	<p>Yogalates 10:45 – 11:30 Bury St Edmunds Leisure Centre</p> <p>Les Mills Sprint Class 13:00 – 13:30 In the Group Cycling Studio Leiston Leisure Centre</p>
Thursday 23 <sup>rd</sup> January	<p>CxWorx 11- 11:30 Sudbury Kingfisher Leisure Centre</p> <p>Tea dance for all ages 10:45 – 12:15 Mid Suffolk Leisure Centre</p> <p>Metafit 19:00 – 19:45 Mid Suffolk Leisure Centre, Stowmarket</p>
Friday 24 <sup>th</sup> January	<p>Indoor Cycling 17:45 – 18:30 Brandon Leisure Centre</p> <p>Fitness Pilates 18:25 – 19:25 Studio 1 Leiston Leisure Centre</p>
Saturday 25 <sup>th</sup> January	<p><b>Parkrun of choice:</b> Ipswich, Kesgrave, Felixstowe, Great Cornard, Clare, Haverhill, Brandon, Bury St Edmunds, Lowestoft or Sizewell</p> <p>Starts at 9am To register and to discover details of start location log on to: <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a></p>
Sunday 26 <sup>th</sup> January	<p><b>Great run local:</b> Needham or Holbrook Starts at 9am To register and to discover details of start location log on to: <a href="http://www.greatrunlocal.org/">www.greatrunlocal.org/</a></p> <p>Yoga 9:45 – 11 Hadleigh Pool and Leisure</p>
Monday 27 <sup>th</sup> January	<p>Active Suffolk Fit Villages Launch Pilates 13:00 -14:00 Corton Community Room</p> <p>Active Suffolk Fit Village Launch Nordic Walking 11:15 Coddenham Centre</p> <p>Fit and Active 8 – 8:55 Sudbury Kingfisher leisure centre</p>

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