

Pilates at Kentford and Kennett Village Hall



What is Fit Villages?

Fit Villages is a well-established and very popular project. We help villages in rural locations to set up physical activity sessions, using village facilities such as community centres, village halls, libraries and playing fields.

We have already helped many villages across Suffolk to set up activities such as Pilates, Yoga, Table Tennis, Nordic Walking, Zumba, Badminton, Keep Fit, Walking Football and many more! The project, which is run by Active Suffolk and is supported by the National Lottery Community Fund, makes a real difference to local communities by bringing people together to socialise, have fun and become more active at the same time.

If you would like to see an exciting new activity come to your village, please get in touch—we're always looking for new villages to become involved! Visit our website to fill in an enquiry form: www.activesuffolk.org/fitvillages

John, Participant

"I first became involved with a Fit Villages sponsored event in February 2018. Having retired in 2017, I was keen to find some more weekly activities to add to the ones that I already participated in.

I saw a new Pilates class advertised at Freckenham Village Hall and I jumped at the opportunity to become involved. I completed the eight week funded classes and found Pilates a perfect exercise for my back issues, so when I heard that Fit Villages were promoting another new Pilates class at Kentford and Kennett Village Hall, I was very keen to attend this too.

Rosie Trull, the instructor, offered a very relaxed introductory class which was designed to help her understand each student's strengths and weaknesses.

She has now established a beginners class and an intermediate class for people of different abilities to attend.

Rosie is a great teacher who engages with her pupils to improve their wellbeing. Her classes do not exceed 12 students as this allows Rosie to bring a cohesive structure to her teaching and allows her to develop a deep understanding of the groups' needs.

Fit Villages is a great initiative that works in harmony with the community to promote fitness and all round wellbeing. Thanks to Fit Villages, I now participate in a number of different classes at village halls local to me."

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Rosie Trull, Class Instructor

“Teaching Pilates in Kentford and Kennett Village Hall is the second time I have been involved in developing classes sponsored by Fit Villages.

My first experience in the nearby village of Freckenham has been very positive. Following the initial support from Active Suffolk, the enthusiasm and commitment from the local people has been fantastic and has enabled the classes to continue to grow four years later.

Consequently, I found it hard to refuse when asked to consider starting a new Pilates classes in Kennett, particularly when I was aware of the wonderful facilities available. Fit Villages had done a consultation locally and found out that there was a demand for Pilates. The only drawback for me was that I would no longer have a day off in the week!

I first met John Leitch in 2017 when he joined my Freckenham Pilates classes. He had been practicing yoga for several years and had always derived benefit from the stretching involved. However he was still having recurrent episodes of low back pain and had heard that Pilates may be helpful in managing his problem. I soon became aware of how committed John is to maintaining and improving his fitness and that he loves to challenge himself and learn new skills. In his words “it is very important to invest in health as you get older”.

When asked if he would be interested in attending an additional class in Kennett, John was enthusiastic and first in the queue! He had already found that specific exercises could alleviate his symptoms and that there had been noticeable improvements in his posture and overall strength. He also found that the frequency and severity of his low back pain had diminished and that he is more confident in his physical abilities.



John has been a regular attendee in both classes ever since, and I know for a fact that this has encouraged more men to join. This has been very welcome, as there seems to be a commonly held belief that Pilates is designed mainly for women. In my experience men struggle even more with their flexibility, core strength and awareness of good posture and derive just as much benefit. Pilates is a total body form of exercise involving strength, balance, coordination, stretching, relaxation and the potential benefits are for everyone. I have consistently used the principles involved during my career as a physiotherapist and have found that a fitter body will be quicker to heal, more resilient to injury, and slow down the more negative effects of the ageing process.

John and I agree that Fit Villages is proving to be really successful in providing easier access to local activities that are in demand. Village Halls are such a wonderful resource and provide opportunities for people to meet and make new contacts and friendships. Ideally they are in constant use to provide a wide a range of activities and events to improve the quality of life for all of the local population.”