Classes and Activities in the Babergh area
Physical Activities

All the activities in this booklet have been checked and are appropriate for clients but are also just suggestions unless stated as AOR (please see the key below).

Classes can also change frequently, so please contact the venue/instructor listed prior to attending. They will also undertake a health questionnaire with you before you start.

There are plenty of other classes or activities locally you might want to try. To find out more about the Active Wellbeing Programme or an activity or class near you, please contact:

**Suffolk Sport**
info@suffolksport.com
01394 444605
www.suffolksport.com

Key:

- Contact

- Price

- AOR

At own risk (to the best of our knowledge, these activities haven’t got one or more of the following – health screen procedure prior to initial attendance, relevant instructor qualifications or insurance therefore if clients attend it is deemed at own risk)
Specific Activities for Cancer Clients

**Cancer rehab**

£ 5.60

**gentle exercise**

Exercise for clients receiving neoadjuvant and adjuvant cancer treatment (post/pre-treatment). The programme provides education and support. Tuesday 6.30-7.30pm at Sudbury Sports Centre, CO10 1NW.

Janine Potter  07949098926
Specific Activities for Cardiac Clients

Cardiac Exercise £ 3
Professional cardiac and exercise support set up by ex-cardiac patients. Mixture of aerobics, chair exercises and circuits. Education and social. Families and carers welcome. Tuesdays at Old School Community Centre, Long Melford, C010 9DX. 9:30 – 10:30am is aerobics. 10:30 – 11:15am is the gentle class and 11:15 – 12:15pm is the circuits class.

Maureen Cooling 01787 211822

Cardiac Exercise £ 7
Small group cardiac rehabilitation class on Tuesdays at Sudbury Sports Centre, CO10 1NW 6.30-7.30pm.

Janine Potter 07949 098926

Cardiac Exercise £ TBA
Gym based training at Great Cornard Sports Centre, CO10 OJU. Discuss individual requirements with Lisa.

Lisa Parkhurst 01787 374861
General Activities Suitable for all Clients

**Aqua Aerobics** £ 3-4

A low impact, but powerful exercise to music class, using the water and equipment to create both resistance and support.

- Kingfisher Leisure Centre, Sudbury, CO10 2SU on Mondays 9.30-10.15am and 10.15 -11am, Tuesdays 8-8.45pm and Wednesdays 10.45-11.30am. Joe Harvey 01787 375656.
- Hadleigh Pool and Leisure Centre, IP7 5BH on Wednesday 8.30-9.15am, Thursday 9-9.45am and 7.30-8.15pm. Joe Harvey 01787 375656.

**Body Balance** £ 6.10

Combines traditional disciplines, like yoga & tai chi with popular new methods such as pilates. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

- Kingfisher Leisure Centre, Sudbury, CO10 2SU on Tuesdays 11-12noon, Wednesdays 8-9pm, Friday 11-12noon, and Saturday 10:30-11:30am. Joe Harvey 01787 375656.
- Hadleigh Pool and Leisure Centre, IP7 5BH on Mondays 10.30-11.30am and 7.30-8.30pm, Wednesdays 10.30-11.30am, and Thursday 11-12noon. Joe Harvey 01787 375656.
- Sudbury Sports Centre, CO10 1NW on Thursdays 6.15-7pm. Joe Harvey 01787 375656.

**Body Tone** £ 4-5

A small, social class where participants can work at their own pace. East Bergholt Primary School, CO7 6SW on Mondays 7-8pm.

- Chris Tyrrell 07738476694
**Boxercise**  £4-5

Clients work at own ability, small class size (normally 10 - max 14/15), very sociable, low pressure, can adapt for wheelchair users. More vigorous than Chris's other classes so won't suit all. East Bergholt Primary School, CO7 6SW on Thursdays 7-8pm.

Chris Tyrrell 07738476694

**Circuits - gentle**  £4-5

Fun, social and enjoyable classes designed to make everyday life easier. Can be chair-based.


East Bergholt Primary School, CO7 6SW on Wednesdays 6.15-7pm. Chris Tyrrell 07738476694.

**Dancing - for Fun and Latin/Ballroom**  £5-6

Beginners always welcome, come and have fun with Strictly-style dancing!

Nayland Village Hall, CO6 4JH on Wednesdays 10-11am. Janet 07506350455

Latin/Ballroom: Old School Community Centre, Long Melford, C010 9DX on Wednesdays 7-8pm. Acton Village Hall, CO10 0AT on Mondays 2-4pm. Sharon Massey 07747 513326

Shotley Village Hall, IP9 1LX on Tuesday 9:30-10:30am. Amanda Haskell haskelfamily4@gmail.com
**Exercise Class/Keep**  
**£ 3-7**  
**Fit – low impact**

Low impact group exercise aerobic class, toning.

- Nedging with Naughton Village Hall, IP7 7BS on Mondays 1.30-2.30pm. Jack Cardy 07738536769.
- The Spinny, Boxford, IP14 1BE on Fridays 9.15-10.15am. Maureen Cooling 01787 211822. **Also suitable for cardiac clients.**
- The Chamberlin Hall, Bildeston, IP7 7EZ on Tuesdays 1.30-2.30pm. Callum Longhurst 07701 087952.

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**Exercise Referral**  
**£ From £3.70 per session**

The scheme aims to provide physical activity for members of the public with health issues over a 12 week period. Throughout the scheme you will have access to support, expert advice and help to increase your activity and health & wellbeing. Participants have a choice of classes and gym-based exercise at Kingfisher Leisure Centre, Sudbury Sports Centre, Hadleigh Pool and Leisure, Holbrook Sports Centre and East Bergholt Leisure Centre. Contact Joe on the contact number below for further information on how to be referred.

- Joe Harvey 01787 375656

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**Netball - Back to**  
**£ 3**

Participants can work as hard or as little as they wish and they tend to be relatively slower paced. From losing weight, developing the body’s cardiovascular system and improving muscle tone, taking part in Back to Netball is great for you in so many ways. Hadleigh High School, IP7 5HU on Wednesdays 8-9pm.

- Chloe Anderson 07540 126597
**Nordic Walking**  £  **20-45 for 4-5 weeks**

A fun walking workout using poles, working 90% of our muscles. Poles are provided free of charge. Regular beginners classes and ongoing classes are held:

- Clare Country Park, CO10 8NW on Mondays 9-10:15am (10.15am walk for experienced walkers) and Fridays 9am. Mary Tweed 07931 580 648.

**Otago/Strength and Balance/Chair-based Exercise**  £  **2-5**

Chair based small group exercise to prevent falls and injuries.

- Kingfisher Leisure Centre, Sudbury, CO10 2SU on Fridays 12.15-1.15pm. Joe Harvey 01787 375656
- Hadleigh Pool and Leisure Centre, IP7 5BH on Tuesdays 1.30-2.30pm. Ginny Knox 07768638993
- Stutton Community Centre, IP9 2TA on Thursdays 9.45-10.45am. Kim Bilner 07740 426112
- Lavenham Village Hall, CO10 9QT on Wednesdays 1-2pm. Ginny Knox 07768638993
- Hintlesham Community Centre, IP8 3PS on Mondays 10.30-11.30am. Ginny Knox 07768638993
- Lambe School, East Berholt, CO7 6SD on Mondays 2.15-3.15pm. Ginny Knox 07768638993.
- Great Waldingfield Village Hall, CO10 0SE on Wednesday 10am-11am. Pat Turner 07961 830692
- Shotley Village Hall, IP9 1LX on Tuesdays 2-3pm (chair-based exercise). Amanda Haskell haskelfamily4@gmail.com
Pilates

A system of physical conditioning involving low impact exercises and stretches, sometimes performed on specialist equipment.

- **Kingfisher Leisure Centre, Sudbury, CO10 2SU.** Mondays 12-1pm, Wednesdays 12.30-13.30pm and Thursdays 12-1pm. Joe Harvey 01787 375656.

- **Hadleigh Pool and Leisure Centre, IP7 5BH.** Tuesdays 12.15-1.15pm, Fridays 11.15-12.15pm. Joe Harvey 01787 375656.

- **Shimpling Village Hall, CO10 9BT (chair-based Pilates).** Tuesdays 2-3pm. Ramona Bryson 07878324745.

- **Polstead Village Hall, CO6 5AL.** Tuesdays 9.30-10.30 (intermediate) and 10.30-11.30am. Jeanette Mayes 07549524447.

- **Nedging with Naughton Village Hall, IP7 7BS.** Wednesdays 6-7 pm. Jeanette Mayes 07549524447.

- **Hadleigh Business Centre, IP7 6RH.** Wednesdays 6.30-7.30pm. Jean Young 07976 573161.

- **Long Melford Primary School, CO10 9ED.** Tuesdays 5.15-6.15pm (intermediate), 6.15-7.15pm (Beginner and Back Care). Fi Palmer 07767384983.

- **Hadleigh Library, IP7 5AG.** Mondays 6-7pm and 7-8pm. Jeanette Mayes 07549524447.

- **Barking Village Hall, IP6 8HP.** Thursdays 1.15 - 2.15pm and 2.30 - 3.30pm. Jeanette Mayes 07549524447.

- **United Reform Church, Hadleigh, IP7 5DL.** Thursdays 9.30-10.30am (all) and 8.15 - 9.15am (men only). Jeanette Mayes 07549524447.

- **Suffolk Food Hall, IP9 2AB.** Various classes available Monday - Saturday with Penny Jones Pilates. Call Tarina Stocks on 01473 604300 to discuss the best class for you.

- **Holbrook Sports Centre, IP9 2QX.** Fridays 9.30-10.15am. Freddie Gulliver 01473 328015.

Ping-Pong

A social class for all ages and abilities to get people playing Ping Pong as part of our Health and Wellbeing Programme. You don’t need a partner, just turn and play. Hadleigh Pool and Leisure Centre, IP7 5BH on Wednesdays 10-11am and Friday 10-12noon.

Joe Harvey 01787 375656.
Qi-Gong

Qi-Gong involves regulation of the body, breath, and mind. Similar to Tai Chi but class using more gentle movements to restore and relax. Suffolk Food Hall, IP9 2AB – various classes available early morning through to late evening Monday - Saturday with Penny Jones Pilates. Call to discuss the best class for you.

Tarina Stocks on 01473 604300.

Running

Groups for all abilities and fitness levels.

Ladies only: Acton Village Green, CO10 0AT on Tuesdays 7.30-8.30pm. Running for Fitness for all at the same location on Fridays 9.15-10.15am. Lisa Dalton 07790 829573.

Sailing

Come and try sailing with the Woolverstone Project. Specially adapted boats for people with disabilities and limited mobility. Fully supervised and supported in the boats, until/if the person wants to try it alone. Alton Water, Stutton, IP9 2RY on Mondays 10am-1pm. Pop down to have a look and see if it’s for you.

Peter Hibberd web@woolverstoneproject.org.uk http://www.woolverstoneproject.org.uk/

Swimming

General sessions at Kingfisher Leisure Centre, Hadleigh Pool and Leisure Centre and Gainsborough Health Club and Spa, 7 days per week. iCANswim sessions are held at Kingfisher Leisure Centre (Monday 11-12 noon) and Hadleigh Pool and Leisure Centre (Wednesday 3-4pm) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas.

Kingfisher Leisure Centre, Sudbury, CO10 2SU. Joe Harvey 01787 375656.

Hadleigh Pool and Leisure Centre, IP7 5BH. Joe Harvey 01787 375656.

Gainsborough Health Club and Spa, CO10 8BW. Simon Thadani 01787 279009.
Volunteering  
Free
Volunteering can be a great way to get more active. There are hundreds of opportunities across Suffolk for you to get involved in. Check out the website below (please be aware that these activities are not checked by the Active Wellbeing Team).

http://volunteersuffolk.org.uk/ or call Community Action Suffolk on 01473 345400

Walking  
Free
Stepping Out in Suffolk provide short, free Health Walks which take between 30-90 minutes. These are guided, fun, sociable sessions and there are many Health Walks in the local area on different days and times. Contact OneLife or your Advisor for the latest list (renewed quarterly).

OneLife Suffolk 01473 718193
Wellbeing Walks (50 minutes) are now being held at Hadleigh Health Centre, IP7 5DN on Fridays 2-3pm. Frankie or Emily 0333 043 3966

Tai Chi  
£  5-9
An ancient Chinese tradition that is performed in a gentle, slow, focused manner with a focus on improving leg strength, balance and stability.

Stansfield Village Hall, CO10 8LP on Fridays 10.30-11.30am. Dave Cogan 07867 517312
The Granary, Sudbury, CO10 2AN on Mondays 6.30-7.30pm and Tuesdays 10-11am. Old School Community Centre, Long Melford, C010 9DX on Thursdays 10-11am. Diego Robirosa 07743 111550.

Together Tuesdays  
£  2-3
Welcome people with dementia and their family and friends. Meet and socialise. Sessions include singing, activities, Otago and more. Tuesdays 2-4pm at Hadleigh Pool and Leisure Centre, IP7 5BH.

Joe Harvey 01787 375656.

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OneLife Suffolk 01473 718193
Wellbeing Walks (50 minutes) are now being held at Hadleigh Health Centre, IP7 5DN on Fridays 2-3pm. Frankie or Emily 0333 043 3966
Walking Football – £ 4 
over 50s

Walking Football is a slow-paced version of the beautiful game primarily aimed at the over 50s. Walking Football is designed to help people keep an active lifestyle irrespective of their age, as well as getting those back playing football who perhaps had to stop due to injuries. It's a great way to keep fit, learn skills, have fun and socialise all at the same time!

Hadleigh High Leisure Centre, IP7 5BH on Mondays 6-7pm. Rob Harvey 01473 823470

The Wardale Williams Stadium, Sudbury, CO10 7HN on Mondays 6-7pm, Tuesdays 2-3pm and Fridays 2-3pm. Craig Power 01787 376213.

Yoga – £ 4-12

Improves overall health and wellbeing, focus on stretching, flexibility and building strength.

Kingfisher Leisure Centre, Sudbury, CO10 2SU on Mondays and Thursdays 1.30-2.30pm (yoga adapted for chair-based clients to prevent falls), Thursdays 8-9pm and Sunday 10.30-11.30am for non-chair based yoga. Joe Harvey 01787 375656.

Sudbury Sports Centre, CO10 1NW on Wednesdays 6.30-7.30pm. Joe Harvey 01787 375656.

Hadleigh Pool and Leisure Centre, IP7 5BH on Tuesdays 6.45-7.45pm and Sundays 9.30-10.30am. Tuesdays 6.45-7.45pm for beginners yoga. Joe Harvey 01787 375656.

Hadleigh Business Centre, IP7 6RH on Wednesday 6.30-7.30 pm (can be mixed with pilates, whichever is best for the individual). Jean Young 07976 573161.

Boxford Village Hall, CO10 5NP on Thursdays 9-10am, 10.15 - 11.15am and 5.45-6.45pm (gentle yoga for all) and Fridays 11-12 noon (Chair-based). Marianne Marshall 01787 210323

Stoke-by-Nayland Village Hall, CO6 4JH on Tuesdays 10-11.15am. Marianne Marshall 01787 210323

The Granary, Sudbury, CO10 2AN on Thursdays 11.45 - 1.15pm and 1.30-3pm. Jan Spencer 07747 692377

Lavenham Village Hall, CO10 9QT on Fridays 11.45-1.15pm. Linda Leighton 01206 263250

Newton Green Village Hall, CO10 0QS on Mondays 9.30-11am. Sophia Howard 01787 313662

Assington Village Hall, CO10 5LW on Wednesdays 7.30-9pm Sophia Howard 01787 31366
Hintlesham Community Centre, IP8 3PS on Thursdays 2-3pm. Faye Cullinane 07398201117.

Suffolk Food Hall, IP9 2AB – various classes available Monday - Saturday with Penny Jones Pilates. Call Tarina Stocks on 01473 604300 to discuss the best class for you.

Old School Community Centre, Long Melford, CO10 9DX on Thursdays 1-2.15pm, 2.30-4pm and 7.15-8.45pm with Brenda Louw 07791 385240. Tuesdays 6-7.17pm with Kari 07941 939645.

Thorpe Morieux Village Hall, IP30 0NR on Wednesdays 7-8am and 6.45-7.45pm. Bethany Last 07930 199582.

**Zumba Gold**  £  5-6

Active older adults who are looking for a modified Zumba® dance class that recreates the original latin moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance, with lots of music!

Kingfisher Leisure Centre, Sudbury, CO10 2SU on Tuesdays 10-11am and Thursdays 11-12 noon. Joe Harvey 01787 375656.

Hadleigh Pool and Leisure Centre, IP7 5BH on Wednesdays 9.30-10.30am. Joe Harvey 01787 375656.

Elmsett Methodist Church, IP7 6ND on Wednesdays 11.15-12.15pm. Sarah Laflin 07979496494

The Chamberlin Hall, Bildeston, IP7 7EZ on Thursdays 2-3pm. Sarah Laflin 07979496494
Swimming for all regardless of age or ability

icANSWIM

Swimming without boundaries

Feel independent
Have a great time
Swim with friends & family
Build your confidence

Sessions available across the county

Helping to make Suffolk England's Most Active County