Classes and Activities in the Forest Heath 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@suffolsport.com
01394 444605
www.suffolsport.com

Key:

- **C** 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 Cardiac Clients

Cardiac Exercise £ 3-4

Professional cardiac and exercise support in a gym-based environment. Tuesdays and Thursdays 10am-3pm at Newmarket Leisure Centre, CB8 0EA. Fridays 10am – 1pm at The Gym Mildenhall, IP28 7EY. Wednesdays 10am-1pm at Brandon Leisure Centre, IP27 0JB.

Kim Parr 01638 782500
General Activities Suitable for all Clients

**Aerobics—low impact**  £  5-6
A lower impact and intensity aerobics class that is set to the beat of the music. Works the cardiovascular system and muscles gently. Specifically designed for the less mobile or more mature exerciser. Newmarket Leisure Centre, CB8 0EA on Tuesday 1.45-2.30pm.

Laura Nightingale 01638 782528

**Aqua/Water Aerobics**  £  2-6
Water exercise is great for anyone looking to increase your energy, stamina and strength.

Keep Active is a project aimed at improving activity provision for the over 55s in the Forest Heath community. This is a low impact class using the natural resistance and buoyancy of water against your body to provide a workout, working on both cardiovascular fitness and muscle toning. Newmarket Leisure Centre, CB8 0EA on Thursday 8.15-9am.

Charlie Potter 07507 907705

Mildenhall Swimming Pool, IP28 7HG on Monday and Thursday 9-10am. Also Thursday 7-8pm and Friday 9-10am. Tam Atkins 01638 712515.

**Active Living AquaGym**  £  5-6
12 week low impact water exercise programme suitable for all medical conditions and abilities (shallow and deep water exercise). Exercises are tailored around each individual’s reasons for referral. (Individuals do not need to be able to swim to access programme). Newmarket Leisure Centre, CB8 0EA on Wednesday 11-12 noon. Mildenhall Swimming Pool, IP28 7HG on Monday and Wednesday 2-3pm.

Kim Parr 01638 712515
Aqua Gym

Aqua gym is a class that uses low impact gym equipment - stepper, cycle, rower, and is suitable for all medical conditions. The sessions take place in our teaching pool under supervision and guidance of our instructors. Individuals must be able to swim to access this session. Mildenhall Swimming Pool, IP28 7HG on Monday 12-2pm, Tuesday 11.45-2.45pm and 6.30-8.30pm, Wednesday 1-2pm, Thursday 12.30-2.30pm, Friday 12.30-2.30pm and Sunday 9.30-11.30am.

Tam Atkins 01638 712515

Body Balance

A combination of Yoga, Tai Chi and Pilates that builds flexibility and strengths as well as leaving you feeling calmed and centred. Newmarket Leisure Centre, CB8 0EA on Tuesday 11.15-12.15pm and 8.20-9.20pm, Thursday 8.15-9.15pm and Saturday 10.30-11.30am. Brandon Leisure Centre, IP27 0JB on Wednesday 9.30-10.30am and Sunday 10-11am.

Tam Atkins 01638 712515

Circuits –
g gentle

A more gentle, low impact workout class – come and see if you like it!

Brandon Leisure Centre, IP27 0JB on Tuesday 11.45-12.30pm. Tam Atkins 01638 712515

The Racing Centre, Newmarket, CB8 8NT on Mondays and Fridays 1-2pm. 01638 662828

Community Club –
Keep Active
Scheme

Keep Active is a project aimed at improving activity provision for the over 55s in the Forest Heath community. Activities include boccia, kurling, short tennis and many more at this session. Brandon Leisure Centre, IP27 0JB on Wednesday 1.30-2.30pm.

Charlie Potter 07507 907705
Dancing - line £ 4-5

Focus on core strength in this slow moving, low impact class. Following a sequence of instructed movements you will strengthen, tone and improve posture. Brandon Leisure Centre, IP27 0JB on Wednesday 10am-12 noon.

Tam Atkins 01638 712515

Dancing - tea £ 4-5

Ballroom style dancing, a great way for the over 50’s to socialise. At Brandon Leisure Centre, IP27 0JB on Wednesday 2-4pm.

Tam Atkins 01638 712515

Dancing - Fitsteps £ 5

Fun-based dance class. No partner needed. Beginners welcome. A great way to try latin and ballroom dances. Freckenham Village Hall, IP28 8JB on Wednesday 6.30-7.30pm.

Julia Cragie 07542518470

Exercise Referral £ 3-5 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 and wellbeing. Participants have a choice of classes and supervised gym-based exercise at Newmarket Leisure Centre (Thursday 10am-3pm), Dome Leisure Centre (10am-1pm Wednesday and Friday) and Brandon Leisure Centre (10am-1pm Monday and Wednesday). Also a specific swim session – see the swimming section below for more information. Contact the Exercise Referrals Co-ordinator below for further information on how to be referred.

Kim Parr 01638 782500
**Exercise to Music – £ 2-5**

**Keep Active Scheme**

Keep Active is a project aimed at improving activity provision for the over 55s in the Forest Heath community. This class follows the beat of the music, giving you a full body workout without the impact. It’s gentle on the joints and incorporates specific moves to help improve balance and strength. Newmarket Leisure Centre, CB8 0EA on Tuesday 11.15am-12 noon.

Charlie Potter 07507 907705

Also Exercise to Music at Kentford and Kennett Village Hall, CB8 7QF on Tuesdays 5-6pm. Julia Cragie 07542 518470.

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**Fitness – £ 5-7**

**Introduction to**

A more gentle, low impact workout class – come and see if you like it! Brandon Leisure Centre, IP27 0JB on Tuesday 4.45-5.45pm and The Gym Mildenhall, IP28 7EY on Tuesday 10.45-11.45am.

Tam Atkins 01638 712515

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**Gently Does It £ 5-6**

Body weight exercises to help get the joints moving using Hi-Lo routines for movement control. This session is specifically to assist mobility to help in daily movement tasks such as sitting, standing and moving around the home or outside The Gym, Mildenhall, IP28 7EY on Monday and Wednesday 8.30-9.30am.

Tam Atkins 01638 712515
Light Multi Activities – Keep Active Scheme

Keep Active is a project aimed at improving activity provision for the over 55s in the Forest Heath community. Activities include badminton, boccia, kurling, short tennis and table tennis at this session. Newmarket Leisure Centre, CB8 0EA on Tuesday and Thursday 10am-12 noon.

Charlie Potter 07507 907705

New Age Kurling

Friendly, informal ball and gentle ball sports. Targetted at over 45s. Beginners welcome. Peace Memorial Hall, Lakenheath on Friday 10.30am – 12.30pm.

ActivLives 01473 345350

Legs, Bums and Tums

A complete lower body workout for all those problem areas. The Gym, Mildenhall, IP28 7EY on Monday 5-6pm.

Tam Atkins 01638 712515

Leisure Club

badminton ad aerobics

This includes a game of badminton and a 45 minute aerobics class. You can take part in one or the other, or both. Brandon Leisure Centre, IP27 0JB on Tuesdays and Fridays 10-11.30am.

Tam Atkins 01638 712515
**Nordic Walking**  £22 per month

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 at PhysiOptima, 48 Bury Rd, Newmarket, CB8 7BT on Saturdays 1-2pm.

Kevin Marshall  07955495016 or 01284 71648

**Otago/Strength & Balance/Chair-based Exercise**  £ Free- 4

Reduce the risk of falling, fracturing, improve health and wellbeing with these clinically proven gentle chair-based exercises, in a sociable and fun environment.

St Marys Place, Mildenhall, IP28 7QY on Wednesday 11.15am – 12 noon.
Sara Brown  07858 258420

Newmarket Day Centre, Newmarket, CB8 8NT on Tuesday and Friday 10.30-11.30am. Veronica Fixe  01638 664262.

The Racing Centre, Newmarket, CB8 8NT on Friday 10.30-11.30am. Charlie Potter  07507 907705

**Pilates**  £6-7

A system of physical conditioning involving low impact exercises and stretches. Improve core strength and muscle tone. Plenty of classes on different days and times available e.g.

Newmarket Leisure Centre, CB8 0EA on Monday 9.15-10.15am, 8.10-9.10pm, Wednesday 12.15-1.15pm and Thursday 1.30-2.30pm. Laura Nightingale  01638 782528.

Brandon Leisure Centre, IP27 0JB on Monday 6.45-7.45pm. Tam Atkins  01638 712515

The Gym, Mildenhall, IP28 7HG on Monday 6-7pm and Friday 9.30-10.30am. Tam Atkins  01638 712515

Dome Leisure Centre, Mildenhall, IP28 7HT on Wednesday 7-8pm. Tam Atkins  01638 712515

Lidgate Village Hall, CB8 9PP on Tuesday 7-8pm. Cathy cwattspt@hotmail.co.uk
Swimming £ 2-6
General sessions at Newmarket Leisure Centre, CB8 0EA and Mildenhall Swimming Pool, IP28 7 HG. iCANswim sessions are held at Newmarket Leisure Centre (Tuesday, 2-3pm and 2.30-3.30pm in the teaching pool) and Mildenhall Leisure Centre (Thursday, 1.30-2.30pm) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas, with aqua gym equipment available. There are also exercise referral swims at Newmarket Leisure Centre on Wednesday 11am – 12 noon and Mildenhall Swimming Pool on Monday and Wednesday 2-3pm (with a cardiac specialist swimming instructor).

Kim Parr 01638 782500 or 01638 712515

Table Tennis – Keep £ 2.50
Active Scheme
Keep Active is a project aimed at improving activity provision for the over 55s in the Forest Heath community. This session is at Brandon Leisure Centre, IP27 0JB on Thursday 1.30-2.30pm.

Charlie Potter 07507 907705

Tai Chi £ 5-8
An ancient Chinese tradition that is performed in a gentle, slow, focused manner with a focus on improving leg strength, balance and stability.

Brandon Leisure Centre, IP27 0JB on Monday 1.45-2.45pm. Tam Atkins 01638 712515
The Gym, Mildenhall, IP28 7 HG on Monday 11.30-12.30pm. Tam Atkins 01638 712515
Great Bradley Village Hall, CB8 9 LH on Monday 10.30-11.30am Sarah Wright 07763 495563.
Red Lodge Sports Pavilion, IP28 8 FQ on Wednesday 7-8.30pm. Dave Cogan 07867 517312.
The Beeches, CB7 5RY on Wednesday 1-2pm. Dave Cogan 07867 517312.
Withersfield Village Hall, CB7 5RY on Thursday 10-11am. Sarah Wright 07763 495563.
Newmarket Day Centre, Newmarket, CB8 8 NT on Wednesday 2-3pm and Thursday 10.30-11.30am. Veronica Fixe 01638 664262.
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

Walking Football – £ 2-3 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!

Brandon Leisure Centre, IP27 0JB on Wednesday 7-8pm. Gary Rampley 07716 188800 (all ages very welcome)

Newmarket Leisure Centre, CB8 0EA on Monday 8-9pm. Charlie Potter 07507 907705.
**Walking Netball - Keep Active Scheme**

Keep Active is a project aimed at improving activity provision for the over 55s in the Forest Heath community. Walking Netball is a low impact, slowed down version of netball with no running or jumping allowed. All the groups are led by a knowledgeable Level 2 coach and cater for all abilities, fitness, health, size and shape. Newmarket Leisure Centre, CB8 0EA on Monday 6-7pm.

Charlie Potter 07507 907705.

**Water Workout**

A mixed intensity class working on both cardiovascular fitness and muscle toning. A low impact class which is ideal for rehabilitation, pre and post natal exercise or those who just simply love the water. Newmarket Leisure Centre, CB8 0EA on Monday 10-11am (most gentle session) and 7.15-8pm (shallow water), Tuesday 7.15-8pm (shallow water), Wednesday 10-11am (deep and shallow water), Thursday 6-7pm (shallow water) and 7.15-8pm (deep water), Friday 12-1pm (shallow water) and 1-2pm (deep water).

Laura Nightingale 01638 782528

**Yoga - gentle classes**

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

Brandon Leisure Centre, IP27 0JB on Wednesday 7.20-8.20pm. Tam Atkins 01638 712515

The Gym, Mildenhall, IP28 7HG on Thursday 9.30-10.30am. Tam Atkins 01638 712515

Newmarket Leisure Centre, CB8 0EA on Friday 6.30-7.30pm and Sunday 11.15-12.30pm. Laura Nightingale 01638 782528

Dome Leisure Centre, Mildenhall, IP28 7HT on Thursday 6-7pm. Tam Atkins 01638 712515
Yogalates  
£ 7
Can’t decide between Yoga and Pilates? Then try both. With the benefits of each you will improve your core stability and your inner strength. The Gym, Mildenhall, IP28 7HG on Tuesday 1-2pm and Newmarket Leisure Centre, CB8 0EA on Wednesday 7.10-8.10pm.
Laura Nightingale 01638 782528 (Newmarket)
Tam Atkins 01638 712515 (Mildenhall)

Zumba -  
£ 5-6
Introduction to
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! Brandon Leisure Centre, IP27 0JB on Tuesday 2.30-3.30pm.
Tam Atkins 01638 712515
Swimming for all regardless of age or ability

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