Classes and Activities in the Mid Suffolk 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:

- 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**

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.

Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 2-3pm, Wednesday 2.30pm-3.30pm and Friday 10.45 – 11.45am.

Becky Cruickshank 01449 674980
General Activities Suitable for all Clients

**Aqua Fit/Aerobics**

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

- **Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH** on Monday 2-3pm (50+), Tuesday 1-2pm, Thursday 9.10-9.55pm and Friday 3-3.45pm. Becky Cruickshank 01449 674980

- **Stradbroke Leisure Centre, IP21 5JN** on Monday 12pm-12.45pm, Tuesday 1.45-2.30pm, Thursday 11-11.45. Stuart Murdy 01379384376.

**Back to Fitness**

A low level exercise class for those returning to fitness, recovering from illness or who require additional support. Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Thursday 1-2pm.

- Becky Cruickshank 01449 674980

**Badminton – ladies only**

Relaxed and informal, social at the end. Debenham Sports and Leisure Centre, IP14 6BL on Monday 11-12.15pm.

- Jo Hughes 07947 406476
Body Balance £6-7

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 1-1.45pm, 6.50-7.35pm, Tuesday 10.10-10.55am, 7.45-8.30pm, Wednesday 10.20 - 11.20am, 7.40 - 8.25pm, Friday 10.10 - 11.10am, Saturday 10.45-11.30pm and Sunday 9-10am.

Becky Cruickshank 01449 674980

Chair-based exercise £1.50 per session

A fun seated exercise class for older people with all conditions. Dove Room, Debenham Church, IP14 6QN on Tuesday 10.30 -11.30am and Wednesday 2-3pm. Switches every week, starts with 1st Tuesday of the month.

Zoe George 07931 546858

Clubbercise £6

Clubbercise® - simple, fun dance fitness routines using glow sticks to club anthems from 90’s classics to the latest chart hits taught in a darkened room with disco lights. Hartismere High School, Eye, IP23 7BL on Tuesday 7-7.45pm.

Eileen Tinney 07813 854255
Dance – ballet  £  5-6

Small class, suitable for adults new to ballet. United Reform Church, Stowmarket, IP14 1AD. Tuesday 8.15-9.15pm. Also a class for adults with prior ballet knowledge who want to return to the dance on Thursday 7-8pm.

Fiona Drew  01449 616623

Dance – tap  £  5-6

Small class, suitable for adults new to tap. United Reform Church, Stowmarket, IP14 1AD. Wednesday 8-8.30pm (improvers) and 8.30-9pm (beginners). Also a class for adults with prior tap knowledge who want to return to the dance on Thursday 8.30-9pm (improvers).

Fiona Drew  01449 616623

Dance – ballroom and latin  £  7-8

Friendly, relaxed class. Loraine Victory Hall, Bramford, IP8 4AL. Tuesday 7-8pm.

Pat Lait  07889 723358.

Exercise to Music  £  4-5 for the Disabled

Fun, social and enjoyable classes designed to make everyday life easier. Can be chair-based. Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 11.45-12.45pm.

Becky Cruickshank  01449 674980
Exercise Referral Scheme

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 Tuesdays to Thursdays at Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH.

Becky Cruickshank 01449 674980

Forever Fit

A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Tuesday 10.30am-12pm, Wednesday 2.30-3.30pm and Friday 10.40 - 11.40am.

Becky Cruickshank 01449 674980

Keep Fit - gentle

Fun, sociable class for older adults who want to keep fit in a group

Stonham Baptist Community Church, IP14 5JT on Monday 10.30 – 11.30am. Darren Barnes 07765881191

Henley Community Centre, IP6 0RP on Tuesday 2.15-3.15pm. Julia Drewell 01473 620511

Legs, Bums and Tums

A complete lower body workout for all those problem areas, incorporating the use of hand weights, steps, bars and bands. Stradbroke Leisure Centre, IP21 5JN on Wednesday 6.30 - 7.15pm and Thursday 10.30-11.15am (lower impact class)

Stuart Murdy 01379384376.
**Netball - Back to**

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. Thurston Community College, IP31 3PB on Tuesday 8-9pm.

Chloe Anderson 07540 126597

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**New Age Kurling**

New Age Kurling. Kurling is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. Eye Town Hall, IP23 7AF on Tuesday 10am – 12noon. Stowmarket Scout Centre, IP14 1EX on Wednesday 10 -12noon. Debenham Community Centre, IP14 6BL on Thursday 2-4pm.

Lindsay Bennett 01473 345350

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**Nordic Walking**

A fun walking workout using poles, working 90% of our muscles. Poles are provided free of charge on courses.

Regular beginners courses and ongoing classes are held at Union Street Car Park, Stowmarket, IP14 1HW on Tuesday 10-11.30am (April - Sept only) and Needham Market Lake, IP6 8NU (last Monday of the month at Gt Finborough School) on Monday 9-10.15am and 10:15 - 12 noon. Kevin Marshall 07955495016 or 01284 716483.

Regular beginners courses and ongoing classes are held at Charlotte’s Wood, Wilby, IP21 5LT on Fridays 1.30 – 3pm and in the surrounding area. Charlotte Atkinson 07879 653488.
### Otago

£ 2-5

Chair based small group exercise to help prevent falls and injuries.

- Western Court, Stowmarket, IP14 1SL on Wednesday 3-3.45pm. Julie Paul 01449 615594
- Rattlesden Village Hall, IP30 0RJ on Wednesday 10-11am. Pat Turner 07961 830692
- Parkview Church, Botesdale IP22 1BX on Fridays 10-11am. Lesley Williams 01359 221583

### Pilates

£ 5-9

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

- Stradbroke Community Centre, IP21 5JN on Monday 7.15pm-8.15pm and Tuesday 11am-12pm. Stuart Murdy 01379384376.
- Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 10.45-11.45 and 2-3pm, Tuesday 2-3pm and 5.45-6.45pm, Wednesday 12.30-1.30pm, Friday 11.45-12.45pm and Saturday 8.30-9.30am. Becky Cruickshank 01449 674980.
- Hessett and Beyton Village Hall, IP30 9AZ on Monday 11am-12pm. Kirsteen Ellis 07913088630
- Stradbroke Library, IP21 5HG on Wednesday 9.50-10.50am. Nikki Hambling 0789988877 or 01986798038
- Harlestone Community Centre, IP20 9DD on Tuesday 10.40-11.40am and Friday 10.40-11.40am. Fi Palmer 07767384983
- Diss Methodist Church, IP22 4JG on Thursday 6.20-7.20pm (intermediate) and 7.30-8.30pm (beginner/improver). Fi Palmer 07767384983
- Fit Club, Creeting St Mary, IP6 8PD – daily classes and various times throughout the day. For details contact Zoe George 07931 546858 (also group gym sessions here)
- Debenham Sports and Leisure Centre, IP14 6BL on Friday 12-1pm (beginners), 10.30-11.30am (improvers) Nikki Hambling 07899888778. Saturday 9.10-10am Joanne Powley 07923 382272.
- Stowmarket Community Centre, IP14 2BD on Friday 12.45-1.45pm. Gill Mossop gillmossop@googlemail.com
- Wyverston Village Hall, IP14 4RZ on Monday 7.15-8.15pm. Gill Mossop gillmossop@googlemail.com
- Ipswich Sports Therapy, Henley, IP6 0SA on Monday 12.30-1.30pm and Tuesday 6.30-7.30pm. Joanne Powley 07923 382272.
Qi Gong £ 8

Similar to Tai Chi, Qi gong involves increased focus on the regulation of the body, breath, and mind. Gissing Community Hall, IP22 5UJ on Tuesday 6-7.30pm.

C Cindy Engel 07873 114682

Running Club £ 5

Anyone can do it! Almost anyone can put on a pair of trainers and become a regular runner, although you might need to start with walking, and build up your speed and distance gradually. Plod, jog or run weekly with like minded people who enjoy the outside environment. Stradbroke Leisure Centre, IP21 5JN on Tuesday 9.30 – 10.30am

C Stuart Murdy 01379384376.

Swimming £ 2-5

General sessions at Stradbroke Leisure Centre, IP21 5JN and Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH. iCANswim sessions are held at Mid Suffolk Leisure Centre (Monday 3-4pm) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas. Stradbroke Leisure Centre has specific social 50+ swim sessions on Mondays and Wednesdays 11am – 12 noon.

C Stradbroke Leisure Centre - Stuart Murdy 01379384376

C Mid Suffolk Leisure Centre - Becky Cruickshank 01449 674980
Tai Chi £ 3 - 8
An ancient Chinese tradition that is performed in a gentle, slow, focused manner with a focus on improving leg strength, balance and stability.

- Haughley Village Hall, IP14 3NS on Wednesday 1.30pm-2.30pm (beginners), 2.30pm-3.30pm (intermediate). Martin Fayers 01449736455
- Mendham and Withersdale Village Hall, IP20 0JN on Thursday 10.30-11.30am. Cindy 07873114682.
- Hoxne Village Hall, IP21 5AN on Wednesday 10-11.30am. Cindy 07873114682.
- Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 10.35 – 12.05pm. Becky Cruickshank 01449 674980

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 – 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! Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 7-8pm and Wednesday 8-9pm (for 45+).

Laura Worsley 07801 532059

Wellness Kickstart – 12 week activity programme for age 55+

Working as a group, with added support outside sessions, you will gradually increase your physical activity levels, finding out what works best for you, how to include it in your daily routine and how to achieve your goals. Stowmarket Scout Centre, IP14 1EX on Monday 3-4pm and Eye Scout Group HQ, IP23 7BG on Wednesday 10-11am.

ActivLives 01473 345350

Yoga

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

Worlingworth Community Centre, IP13 7HX on Tuesday 6-7.30pm. Nikki Hall 07716440323.

Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Wednesday 7.15-8.15pm. Becky Cruickshank 01449 674980

Great Blakenham Village Hall, IP6 0NJ on Tuesday 11.30 – 12.30pm. Holly Bedford 01449 711806.

Battisford Village Hall, IP14 2HD on Thursday 6.30-7.30pm. Sue Murray 07760669466.

The Old School (Village Hall), Horham, IP21 5DX on Monday 1.30-3pm. Clare Hall 01379 672949

Debenham Sports and Leisure Centre, IP14 6BL on Wednesday 1.30-3.30pm. Nikki Hall 07716440323.

The Green Room, Haughley, IP14 3NU on Wednesday 9.30-10.30am and...
Thursday 7.15-8.15pm. Bethany Last 07930 199582.

Zumba - gentle/Zumba Gold

This dance class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance, with lots of music!

Stradbroke Leisure Centre, IP21 5JN on Monday and Thursday 9.30 – 10.15am. Stuart Murdy 01379 384376

St Michael's Rooms, Framlingham, IP13 9BJ on Tuesday 10-11am. Eileen Tinney 07813 854255

Debenham Sports and Leisure Centre, IP14 6BL on Thursday 11-12noon and Friday 10-11am. Eileen Tinney 07813 854255.

Pennoyer Centre, Pulham St Mary, IP21 4QT on Wednesday 10-11am. Eileen Tinney 07813 854255.

Laxfield Village Hall, IP13 8DY on Wednesday 7-7.45pm. Eileen Tinney 07813 854255.
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