Classes and Activities in the St Edmundsbury 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

Fun Fit Friday  
Gentle exercise class for cancer patients at West Suffolk Hospital on Fridays at 2.30-3.30pm.

John Le Vay Cancer Information Centre  01473 715748

Pink Ribbon Pilates  
Gentle class for women with breast cancer at Bury Physio clinic, IP33 2AB. All exercises can be adapted. 40 minute class with socialising before and after. Tuesdays 11.40am — 12.20pm.

Anna Clayton  01284 748200

Cancer Swimming Group  
Open to all undergoing or completed treatment. Caters for all abilities, very relaxed, gentle, social. Wednesdays 12 noon—1pm at Bury St Edmunds Leisure Centre, IP33 3YE.

Macmillan Cancer and Support Information Centre  01284 713023

Yoga—Living with Cancer  
A gentle movement class focussing on breathing with some guided meditation (and strengthening where appropriate). Thursdays 11.30am—1pm at the Self Centre, BSE, IP32 7AR.

Bindi Edwards  07798 918852
Cancer Exercise
Class – men only

Gentle class for men with cancer. Mondays 10-11am at Bury St Edmunds Leisure Centre, IP3 3YE.

Macmillan Cancer Information and Support Centre, West Suffolk Hospital
01284 713023
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. Mondays, Wednesdays and Fridays 9.15am — 12.30pm at New Bury Community Centre, Bury St Edmunds, IP32 6RW.

Sylvia Baker 01449 774333

**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. Fridays at Sexton Manor Primary School, Bury St Edmunds, IP33 3AH on Fridays 6.45-8.15pm.

Sylvia Baker 01449 774333

**Cardiac Exercise**  
Mixture of exercises. Bury St Edmunds Leisure Centre, IP33 3TT on Wednesdays 11.30-12.30pm.

Jackie Chubb 01284 757481.
General Activities Suitable for all Clients

**Aerobics—low impact**

A gentle low impact aerobic exercise class, combining functional strength, flexibility, balance work and suppleness exercises.

- County Upper School, Bury St Edmunds, IP32 6RF. Jo Hughes 07947 406476. Thursdays 6-7.30pm.

**Body Balance**

A combination of Yoga, Tai Chi and Pilates that builds flexibility and strengths as well as leaving you feeling calmed and centred.

- Bury St Edmunds Leisure Centre, IP33 3TT on Mondays 2-2.45pm and Thursdays 2.15-3pm. Jackie Chubb 01284 757481.

**Badminton**

Game play, individual and group coaching for beginners, improvers and those wanting to get back to badminton and make new friends.

- County Upper School, Bury St Edmunds, IP32 6RF. Jo Hughes 07947 406476. Thursdays 6-7.30pm.

**Aqua Aerobics/Tone**

A gentle water workout particularly suitable for those who have joint or balance problems.

- Bury St Edmunds Leisure Centre, IP33 3TT. Jackie Chubb 01284 757481. Thursdays 1-2pm
- Haverhill Leisure Centre, CB9 0ER. Mandy Felton 01440 765148. Mondays 8.15pm-9pm and Thursdays 11.15am-12pm.
Circuit Training 3-5
A gentle, low impact circuit class.
Westgate Primary School, IP33 3JX. Michelle Bell 07795263836. Mondays 7-8pm.
Not specifically a gentle class but everyone takes part at their own pace.

Dancing – ballroom and latin 5
Friendly and relaxed dance session.
Abbotts Green Primary School, IP32 7PJ. Pat Lait 07889 723358. Wednesdays 6.45-7.30pm.

Dancing – veraflow 6
VeraFlow is just what you need to feel completely relaxed and content. Find your true flow in body and mind as you stretch your body and train your mind to the rhythm of the music. You'll leave feeling like you've had a full body massage, with your muscles strengthened yet relaxed and loose.
Haverhill Leisure Centre, CB9 0ER. Mandy Felton 01440 765148. Tuesdays 11:30am.

Exercise Referral Scheme 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 & wellbeing. Participants have a choice of classes and gym-based exercise. Contact the Exercise Referrals Co-ordinators on the contact numbers below for further information on how to be referred.
Bury St Edmunds Leisure Centre, IP33 3TT Jackie Chubb 01284 757481
Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765148
Exercise class – C 3-4 gentle

Gentle general exercise classes.

- Haverhill Leisure Centre, CB9 0ER. Mandy Felton 01440 765148. For 55+, only. Mondays 10-11am, 11:15-12:15pm and Wednesday’s 11-12noon. Thursdays 10am-11am.
- Tollgate Primary School, IP32 6BS. Michelle Bell 07795263836. Thursdays 7-8.15pm.
- Barton Mills Village Hall, IP28 6BD. Julia Cragie 07542 518470. Mondays 3.30-4.30pm. (Movement with music).
- Bury St Edmunds Leisure Centre, IP33 3TT. Jackie Chubb 01284 757481. Mondays 11.15am-12.15pm and Wednesdays 11.30am-12.30pm (Active Living Classes).

Hooping – C 5

Hooping is known to be a fantastic way to tone a troublesome tummy area, but there are many other benefits that can be gained from spinning the humble hoop, namely improved strength, coordination and calorie burning as well as the undeniable enjoyment factor.

- Haverhill Leisure Centre, CB9 0ER. Mandy Felton 01440 765148. Fridays 6-7pm.

Netball - Back to – C 4-5

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. Hundon Astro Ground, CO10 8EE on Tuesdays 7.30-8.30pm. Skyliner Sports Centre, Bury St Edmunds, IP32 7QB on Tuesdays 7-8.30pm and Culford School, IP28 6TX on Wednesdays 7-8pm.

Chloe Anderson 07540 126597
**Nordic Walking**

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 throughout the area:

- **West Stow Country Park** IP28 6HG (Saturdays 9-10.45am and 11-12.20pm). Ickworth National Trust P29 5QE (Wednesdays 10.15 -11.15am and Fridays 11-12 noon). Kevin Marshall 07955495016 or 01284 716483.


**Otago/strength and balance/chair-based exercise**

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

- Wickhambrook Pavillion, CB8 8XR on Tuesdays 10.30-11.20am; Christ Church, Lawson Place, IP32 7EW on Thursdays 11.30-12.20pm; Southgate Community Centre, IP33 2PJ on Mondays 10- 10.30 or 10-11am. Sam Reid 07850 207365.

- Pakenham Village Hall, IP31 2JU on Wednesdays 10.15-11.15am. Lesley Williams 01359 221583.

- Clare Social Club, CO10 8NJ on Tuesdays 9.30-10.30am and Chedburgh Village Hall, IP29 4UL on Tuesdays 11.45-12.45pm. Carol Clerkin 01787 278631.

- Woolpit Village Hall, IP30 9QX on Wednesdays 11:30-12:15pm. Pat Turner 07961 830692.

- Moreton Hall Health Club, IP32 7BL on Mondays 1-2pm and Fridays 12-1pm. Sara Clarke 07807 803603.
**Pilates**

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.

- **Haverhill Leisure Centre, CB9 0ER**  Mandy Felton 01440 765148. Mondays 11.15am-12.15pm, Tuesdays 11.15am-12.15pm and 6-7pm, Wednesdays 10.30 -11.30am, Thursdays 1.45-2.45pm and Fridays 9.30am-10.30am

- **The Erskine Centre, Chedburgh, IP29 4UL** on Mondays 11.30-12.30pm. Ramona Bryson 07878324745.

- **Troston Village Hall, IP31 1EW** on Tuesdays 10-11am. Rachel Marsh 07753 250650

- **Bury St Edmunds Leisure Centre, IP33 3TT**  Jackie Chubb 01284 757481. Tuesdays 11am.

- **Stanton Village Hall, IP31 2BX** on Mondays 9.10-10.10 and 10.20-11.20am; **Great Barton Village Hall, IP31 2NR** on Wednesdays 9.15-10.15am and 10.20-11.20am, and Thursdays 9-10am (Bone Health programme), 10.10-11.10am (with small equipment), 11.20-12.20pm. Catherine McLellan 07951 019456

- **Bury Physio clinic, IP33 2AB**. Anna Clayton 01284 748200. Mondays 1.10-1.50pm, Tuesdays 10.45-11.30am, Wednesdays 1.10-1.50pm, 2-3pm and 5.30-6.30pm

- **Sapiston and Honnington Village Hall, IP31 1RU**. Rachel Marsh 07753 250650. Thursdays 6-7pm.

- **Self Centre, Bury St Edmunds, IP32 7AR**. Julia 01284 769090. Mondays 6.30-7.30pm and Thursdays 12-1pm.

- **Skyliner Sports Centre, Bury St Edmunds, IP32 7QB** on Wednesdays 9.30-10.30am. Karly Deane 01284 776300.

**Positive Steps**

Gentle exercise class suitable for all, but especially those with osteoarthritis or concerned with delaying osteoporosis. It also includes a balance element designed for falls prevention. Tuesdays 11-11.30am and 11.30am - 12 noon.

- **Bury St Edmunds Leisure Centre, IP33 3TT**  Jackie Chubb 01284 757481

**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. Wednesdays 9.30-10.30am.

- **Self Centre, Bury St Edmunds, IP32 7AR**. Julia 01284 769090.
**Swimming**  
C 2-4

General sessions at Haverhill and Bury St Edmunds Leisure Centres, and Moreton Hall Health Club 7 days per week.  
iCANswim sessions are held at BSE (Fridays, 10am—12noon) and Haverhill Leisure Centres (Tuesdays, 11am—12 noon and Sundays 9.30-10.30am) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas and a qualified swimming instructor (BSE).

- Bury St Edmunds Leisure Centre, IP33 3TT  Jackie Chubb 01284 757481
- Haverhill Leisure Centre, CB9 0ER  Mandy Felton 01440 765148
- Moreton Hall Health Club, IP32 7BL 01284 704232

**Tai Chi**  
C 4-11

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

- Bury St Edmunds Leisure Centre, IP33 3TT  Jackie Chubb 01284 75748. Tuesdays at 9.35am.
- Haverhill Leisure Centre, CB9 0ER  Mandy Felton 01440 765148. Tuesdays 2-3pm, Wednesdays 11.45am-12.45pm, Thursday 10-11am.
- Self Centre, Bury St Edmunds, IP32 7AR. Julia 01284 769090. Fridays 6-7pm.

**Volunteering**  
C 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/](http://volunteersuffolk.org.uk/) or call Community Action Suffolk on 01473 345400

**Walking**  
C 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.

- OneLife Suffolk 01473 718193
- Haverhill Leisure Centre, CB9 0ER  Mandy Felton 01440 765148. Mondays 2-3pm.
Wellbeing Walks (50 minutes) at Haverhill Health Centre, CB9 8HF. Frankie or Emily 0333 043 3966. Thursdays 10.30-11.30am.

Walking Football – 2-4 over 50s

Walking Football is a slow-paced version of the 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!

Walsham-le-Willows Football Club, IP31 3AH on Mondays 8-9pm, Tuesdays 2-3pm and Thursdays 2-3pm. Mike Powles 07971 613933.

Haverhill Leisure Centre, CB9 0ER on Tuesdays 10-11am (for 55+). Charlie Potter 07950 891299.

Skyliner Sports Centre, Bury St Edmunds, IP32 7QB on Thursdays 8-9pm. Darren Brown 07772 781404.

The New Croft, Haverhill, CB9 OBW on Fridays 6-7pm. Sophie Grey 01440 701237.

Victory Sports Ground, Bury St Edmunds, IP33 2BT on Mondays 7-8pm. Darren Brown 07772 781404.

Walking Netball Free-4

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.

Moreton Hall Health Club, IP32 7BL on Thursdays 10-11am. Chloe Anderson 07540 126597.

Bury St Edmunds Leisure Centre, IP33 3TT on Fridays 5.15-6.15pm. Chloe Anderson 07540 126597.

Haverhill Leisure Centre, CB9 0ER on Fridays 10-11am. Chloe Anderson 07540 126597.
**Yoga - gentle classes**

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

- Bury St Edmunds Leisure Centre, IP33 3TT. Jackie Chubb 01284 757481
  Mondays 9-10am.

- Haverhill Leisure Centre, CB9 0ER. Mandy Felton 01440 765148. Tuesdays 10-11am and 1.45-2.45pm, Thursdays 11:30-12:30pm, Fridays 6-7pm.

**Yogalates**

Yoga and Pilates mixed, with band work.

- Bury St Edmunds Leisure Centre, IP33 3TT. Jackie Chubb 01284 757481
  Wednesdays 10.45-11.50am.

- Bradfield St George Village Hall, IP30 0AS. Emma Philip 07847 163618 / 01284 388658. Monday 7.30-8.45pm.

- Pakenham Village Hall, IP31 2JU. Emma Philip 07847 163618 / 01284 388658
  Wednesday 7.30-8.45pm.


- Lord Thurlow Village Hall, Great Ashfield, IP31 3HN. Bethany Last 07930 199582.
  Thursday 9.30-10.30am and Wednesday 11.30-12.30pm (starts 23rd May).

- Cavendish Hall, Bury St Edmunds, IP31 3RU. Bethany Last 07930 199582. Friday 2-3pm.

**Zumba Gold**

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!

Mondays 10-10.30am at Oxslip House, Bury St Edmunds, IP32 7RH (seated). Wednesdays 11.30-12.30pm at Moreton Hall Health Club, IP32 7BL. Wednesdays 6.30-7.15pm at Ixworth Primary School, IP31 2EL and 11.30-12.30pm at Moreton Hall Health Club, IP32 7BL. Thursdays 11.30-12.15pm at Moreton Hall Health Club, IP32 7BL.

- Marie Denny 01284 741100
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