Classes and Activities in the Suffolk Coastal 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:

- **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 Cancer Clients

Breast Cancer Rehab Class

Professional breast cancer and exercise support.

Felixstowe Leisure Centre, IP11 2AE on Tuesday 11.45-12.45pm. Jonny Lowdell 07738 696 440

Swim and Socialise

The facilities include a lovely swimming pool, a jacuzzi, steam room and sauna. We would love to welcome you and support you getting back to exercise. It’s also an opportunity to meet people in a relaxed and supportive environment.

Ufford Park, IP12 1QW on Wednesday 11.00-12.30pm. Cancer Information Centre 01473 715748.
Specific Activities for Cardiac Clients

**Cardiac Exercise  £  3-8**

Professional cardiac and exercise support. Mixture of aerobics, chair exercises and circuits. Education and social.

- **Felixstowe Leisure Centre, IP11 2AE** on Wednesday 4.30-6pm and Friday 11.30-12.30pm. Ali Cuckow 07740 151150

- **Hacheston Village Hall, IP13 0DR** on Friday 9.15-10.30am and 11-12.15pm. Jon Regester 07941 303956.
General Activities Suitable for all Clients

Aqua Fit £5-8

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.

- Felixstowe Leisure Centre, IP11 2AE on Tuesday 10-11am, Wednesday 2-3pm, Thursday 1-2pm and Friday 2-3pm (more gentle). Jonny Lowdell 07738 696 440
- Deben Pool, Woodbridge, IP12 4AU on Monday 1.30-2.30pm, Wednesday 1.30-2.30pm, and Thursday 7-8pm. Jonny Lowdell 07738 696 440

Aerobics £4-10

A lower impact and intensity aerobics class. Works the cardiovascular system and muscles gently.

- Ufford Park, IP12 1QW on Wednesday 11.30-12.30pm. James Arbon 01394 383555.
- Brackenbury Sports Centre, Felixstowe, IP11 9JF on Monday 6.45-8.15pm and Thursday 10-11.30am, Wickham Market Village Hall, IP13 0HE on Tuesday 10-11.30am, Thomas Mills School, IP13 8HE on Tuesday 6-7.30pm, Brandeston Village Hall, IP13 7AD on Wednesday 10-11.30am and Rendlesham CP School, IP12 2GF on Thursday 6.30-8pm. Dawn Quantrill 07836 539508

Aqua Pilates £13

JP Aqua-Pilates™ innovatively uses the buoyancy, resistance, and gentle movement of water to strengthen muscles, enhance flexibility and posture, sharpen coordination and balance, and relax the body – the perfect marriage of the principles of Pilates with all the benefits of aquatic exercise. Green Farm Clinic, Petistree, IP13 0HU on Friday 12.15-1pm and 1.30-2.15pm

- Joanne Powley 07923 382272.
Aerotone 5-6

Aerotone stands for Aerobics and Toning. This class offers you the perfect balance of fun cardio moves incorporated with your traditional toning exercises such as squats and lunges.

Felixstowe Leisure Centre, IP11 2AE on Monday 7.45 - 8.45am, 9am-10am, Wednesday 9.15-10.15am and Friday 9.15am-10.15am. Jonny Lowdell 07738 696 440

Back on Track £ 3
(long term conditions class)

Support to become more active following treatment for cancer and other long term conditions. Mostly low weight bearing and focusses on strengthening and stretching. A six week course with the option of joining a follow-on activity or group. Brackenbury Sports Centre, Felixstowe, IP11 9JF on Tuesday 1.30-2.30pm.

Jonny Lowdell 07738 696 440

Body Balance £ 6-8

This Yoga, Tai Chi, Pilates workout builds flexibility and strength and leaves you feeling centred and calm. Felixstowe Leisure Centre, IP11 2AE on Monday 7.30-8.15pm and Thursday 11.15-12.15pm

Jonny Lowdell 07738 696 440

Bowls £ 1-2

Come and join in a relaxed, informal, drop-in session. Yoxford Bowls Club, IP17 3HL on Tuesday 2-4pm.

Mac Herrieven 01728 452675
Boxing exercise

Not as tough as you might think! This class is suitable for any fitness levels, with small classes and modifiable exercises. WI Hut, Leiston, IP16 4DP on Monday 5.15 - 6.15pm

Owen Welford 07445616696

Chair-based exercise/Otago/Better Balance/Strength and Balance

Fun, social and enjoyable classes designed to make everyday life easier and reduce falls.

Snape Village Hall, IP17 1SX on Friday 3-4pm. Marion Walker 01728688669 or 07803435312

Kesgrave Sports Centre, IP5 1JF on Friday 10-11am and Monday 9.30-10.30am (with gentle circuits). Marion Walker 01728688669 or 07803435312

Grounds of Felixstowe Academy, IP11 9ED on Thursday 10.30-11.30am. Jo Emmery 01394 282068

Old Felixstowe Community Centre, IP11 9NB on Friday 2.45-3.45pm and 4-5pm (combined with Exercise to Music for a more challenge class if required). Julia Drewell 01473 620511

Walton Community Hall, Felixstowe, IP11 9DS on Tuesday 9.30-10.30am and 11-12 noon. Lindsay Bennett 01473 345350.

Fred Reynolds Centre, Woodbridge, IP12 4UU on Monday 9.45 - 10.45am and 11.15-12.15pm. Lindsay Bennett 01473 345350.

King George Community Centre, Leiston, IP16 4JX on Wednesday 10.00am- 12 noon. Lindsay Bennett 01473 345350.

Fairfield Centre, Aldeburgh, IP15 5JS on Friday 11.45-12.45pm. Amanda Mallett 07917 301243.

Friston Village Hall, IP17 1PU on Tuesday 11-12 noon and Thursday 2.30-3.30pm. Amanda Mallett 07917 301243.

Kettleburgh Village Hall, IP13 7JZ on Monday 10-11am. Amanda Mallett
07917 301243.
United Church, Leiston, IP16 4BH on Thursday 10.15-11.15am, and 11.15-12.15pm. Amanda Mallett 07917 301243.

Orford Town Hall, IP12 2NZ on Wednesdays 11-12noon. Marion Walker 01728688669 or 07803435312

WI Hall, John St, Leiston, IP16 4DR on Tuesdays 11-12noon. Marion Walker 01728688669 or 07803435312

Circuits - gentle £5
Fun, social and enjoyable classes, work at your own pace.

Snape Village Hall, IP17 1SX on Friday 2-3pm. Marion Walker 01728688669 or 07803435312

OI Hut, Leiston, IP16 4DP on Thursday 7-8pm. Owen Welford 07445616696

Kettleburgh Village Hall, IP13 7JZ on Monday 10-11am (every other week is strength and balance). Amanda Mallett 07917 301243.

Clubbercise £6-7
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.

Abbey Hall, Woodbridge School, IP12 4JH on Wednesday 6.30-7.30pm. Dawn Quantrill 07836 539508

Thomas Mills School, Framlingham, IP13 9HE on Monday 7.30-8.15pm. Eileen Tinney 07813 854255

Dance – Ballroom £5

8 1/10/2018
and Latin American

This ballroom and Latin American dance class is aimed at dancers who have either never danced before or very little. Classes will run for a period of 3/4 weeks concentrating on one dance at a time before moving onto the next dance, at the end of which dancers are able to progress to our beginners class in that particular dance, and eventually the advanced class if desired. Kesgrave High School Hall, IP5 2PB on Monday 7-7.45pm.

Graham or Sharon Skingley 07946 347167 or 07790 230651.

Dance – Tap  £  5-6

Never tapped before? Would you like to learn the basics? No partner or experience required. Beginners welcome. Fun, sociable classes.

St Mary’s Church Hall, Ufford on Thursday 6-7pm. Jill Streatfeild 07778 746315

Exercise Referral  £  From 3.90 per session

Scheme

The scheme aims to provide physical activity for members of the public aged 16+ 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 Felixstowe Leisure Centre, IP11 2AE, and Deben Pool, IP12 4AU.

Jonny Lowdell 07738 696440

Exercise class – Gentle  £  4-6

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.

Yoxford Village Hall, IP17 3HN on Wednesday 1.30-2.30pm. Marion Walker 01728688669 or 07803435312

Wenhaston Village Hall, IP19 9EP on Wednesday 10-11am. Marion Walker 01728688669 or 07803435312
**Exercise to Music  £ 6**

A fun, low intensity, low impact session for older adults with plenty of good music to move to!

- Bromeswell Village Hall, IP12 2PZ on Monday 2-3pm. St Michael's Church, Martlesham, IP5 3UY on Tuesday 10.45-11.45am. All Saints Church Hall, Kesgrave, IP5 3UY on Friday 10.45-11.45am. Old Felixstowe Community Centre, IP11 9NB on Friday 1.30-2.30pm and 4-5pm (latter combined with chair-based exercise). Julia Drewell 01473 620511

**Keep Fit  £ 3-6**

A fun, sociable, dance-based class for adults who want to get and stay fit.

- Market Hall, Saxmundham, IP17 1AF on Monday 10.30-11.30am and Woodbridge Community Centre, IP12 4AU on Tuesday 9.45-10.45am. Jane Chapman 07860 824747
- All Saints Church Hall, Kesgrave, IP5 3UY on Wednesday 10.45 - 11.45am. Julia Drewell 01473 620511
- Kesgrave Community Centre, IP5 1JF on Wednesday 9.15-9.45am. Cheryl Tye 01473 612648.
- St Michael's Church, Martlesham, IP5 3UY on Tuesday 9.30-10.30am. Julia Drewell 01473 620511
- Little Bealings Village Hall, IP13 6LT on Thursday 10.15 - 11.45am. Joyce Bradley 01473 726392

**New Age Kurling, New Age Bowls ad Boccia  £ 4-5**

Friendly, informal ball and gentle ball sports. Targetted at over 45s. Beginners welcome.

- Senior Citizens Centre, Felixstowe, IP11 7DD on Saturday at 1.30-3.30pm.

  - Lindsay Bennett 01473 345350

**Nordic Walking  £ 5-10**
A fun walking workout using poles, working 90% of our muscles. Poles are provided free of charge.

Regular beginners courses and ongoing classes are held at Kingston Playing Field, Woodbridge, IP12 4BD on Sunday 3pm (course) and Walk and Talk, outdoor gym/Nordic Walking sessions on Tuesdays, Wednesdays and Saturdays (accessible after the course is completed). Lesley Krause 07967653217.

Regular beginners courses and ongoing classes are held on Dunwich Heath and Snape areas. A course must be completed first. Maggie Jennings 07736929773.

**Outdoor Fitness**  £  6

A gentle, sociable and fun all over body workout, takes place outside whatever the weather and suitable for all shapes, sizes, ages and fitness levels.

The Farmhouse, Kesgrave, IP5 2GA on Tuesday 9.30-10.30am, 7.30-8.30pm, and Sunday 8-9am. Angela Hope 07801 892713.

**Pilates**  £  5-12

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


The Harmony Centre, Walpole, IP19 9BB (Beginners and Back Care) on Wednesday 11.50 – 12.50pm. Fiona Palmer 07767384983.

Ufford Park, IP12 1QW on Tuesday 1.15 – 2.15pm. James Arbon 01394 383555.


Kesgrave Sports Centre IP5 1JF on Monday 6-7pm and Wednesday 6-7 and 8.15-9.15pm (All classes term time only). Manon Palmieri 07773 456078.

Tuddenham Village Hall, IP6 9BH on Tuesday 9-10am, 10.30-11.30am and 11.45-12.45pm. Friday 9.30-10.30am and 10.45-11.45am. Julia Endacott 07977 049332.

Ufford Community Hall, IP13 6DU on Monday 9-10am. Dawn Quantrill 07836 539508

Walton Community Hall, Felixstowe IP11 9DS on Wednesday 9-10am. Dawn Quantrill 07836 539508

The Barn, Moat Farm, Otley on Monday 8.45-9.45am and 10-11am. Julia Endacott 07977 049332.

Pettistree Village Hall, IP13 0RZ on Monday 5.30-6.30pm. Sam Whitfield
07716 316294.

Charsfield Village Hall, IP13 7QB on Wednesday 6.30-7.30pm and Thursday 6.30-7.30pm and 7.45-8.45pm. Ruth May 07985600176.

Green Farm Clinic, Petistree, IP13 0HU on Friday 9.45-10.45 and 11am – 12noon. Joanne Powley 07923 382272.

Felixstowe Leisure Centre, IP11 2AE on Monday 11.45-12.30pm especially for long-term conditions/CHAIR BASED. Jonny Lowdell 07738 696440.

Clopton Village Hall, IP13 6QN on Wednesday 2-3pm. Manon Palmieri 07773 456078.

Swimming £ 2.50-5

General sessions at Felixstowe Leisure Centre, IP11 2AE and Deben Pool, IP12 4AU. iCANswim sessions are held at Felixstowe Leisure Centre (Tuesday and Thursday 12-1pm and Sunday 4.30-5.30pm) and Deben Pool (Thursday 3-4pm)- these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas. Both pools also have regular 50+ and ladies only swims.

Jonny Lowdell 07738 696440

Tai Chi £ 2-7

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

Ufford Park, IP12 I QW on Monday 1.30 – 2.30pm. James Arbon 01394 383555.

Martlesham Old Village Hall, IP12 4PB on Tuesday 6-7pm. Kim Meek 07876 693270.

Martlesham Heath Pavilion, IP5 3UY on Monday 3-4pm Anne Stebbings 01728 746080 (includes Qi Gong ).

Burness Parish Rooms, Melton, IP12 IPW on Tuesday 9-10am (improvers), 10-10.30am (beginners) Both are a mixture of Tai Chi, BaGua and XingY. Also 10.30-12.30pm (Tai Chi improvers). Ray Norris 01394 383076.

Fromus Centre, Saxmundham, IP17 1DZ on Wednesday 7-8.30pm. Ray Norris 01394 383076.

Kesgrave Scouts Low Hall, IP5 1JF on Monday 10.30-11.30am (beginners) and
10:30 - 12.45pm (improvers) in the High Hall. Ray Norris 01394 383076.

Ufford Sports & Social Club, IP13 6DU on Monday 2.15 - 4.15pm and Wednesday 6-8pm.

Woodbridge Community Hall, IP12 4AU on Thursdays 1.15-2.15pm (beginners), and 2.30-4pm (improvers). Ray Norris 01394 383076.

Volunteering

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

Stepping 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

In particular a health walk runs from the Grove Medical Centre on Wednesdays fortnightly 10.30-11.45am and Felixstowe Leisure Centre/Promenade on Mondays fortnightly 10.45-11.45am. Claire McCullough 07826 516619.

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!

Kesgrave High School, IP5 2DB on Tuesday 7-8 and 8-9pm (indoors). Noel Wilson 07846 241518.

Brackenbury Sports Centre, Felixstowe, IP11 9JF on Tuesday 2-3pm (age 60+) Thursday 6.30-7.30pm (age 50+). Jonny Lowdell 07738 696440.
Walking Netball £ 5

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. Ipswich School Sports Centre, Rushmere St Andrew, IP5 1DE on Thursday 10-11.30am.

Chloe Anderson 07540 126597

Yoga £ 4-15

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

Felixstowe Leisure Centre, IP11 2AE on Tuesday 9-10am, Wednesday 7-8pm and Thursday 9.15-10.15am. Jonny Lowdell 07738 696440

Felixstowe Yoga Studio, IP11 9JB on Monday 9.15-10.30am, Tuesday 4.30-5.45pm and Thursday 9.15-10.30am. Gemma Smith 01394 286652 or 07906 577368

The Harmony Centre, Walpole, IP19 9JB on Tuesday 9.30-11am and Thursday 6.30-8pm. Tanya Bradbury 01986 798644 or 07779 583123.

Tower Hall, Rushmere St Andrew, IP4 5SU on Tuesday 9.30-11am and 11.20 – 12.25pm. Caroline Glason 01473 464204 or 07746 860380.

Hatcheston Village Hall, IP13 0DW on Wednesday 9.30-11am. Angie Lee-Foster 01728 747290.

United Reform Church, Felixstowe, IP11 7DD on Monday 6-7.30pm, 7.45-9pm and Thursday 6-7.30pm and 7.45-9pm with Karen Clarke 01394 279117. Also Thursday 9.30-11am with Anne Freeman 01394 210023.

Sea Scouts Hall, Felixstowe, IP11 7QN on Tuesday 9.30-11am. Karen Clarke 01394 279117

3 Quaypoint, Woodbridge, IP12 4AL on Monday 12.15 – 1.45pm. Anne Freeman 01394 210023

Kirton Pavilion, IP10 0LW on Wednesday 9.30-11am and 11.15-12.45pm. Anne Freeman 01394 210023.

Ufford Park, IP12 1QW on Monday 10.45 - 12.15pm, Wednesday 5.30 – 7pm and Friday 8-9.30am and 5.30-7pm. James Arbon 01394 383555.

Yoga and mindfulness - Snape Village Hall, IP17 1SX on Thursday 10-11.30am and Friday 11.30-1pm. Debra Woodbridge 01394 450066


Kesgrave Sports Centre IP5 1JF on Monday 11.30 -12.30pm and Wednesday 7-8pm. Manon Palmieri 07773 456078.
Martlesham Heath Pavillion, IP5 3UY on Thursday 6-7.15pm. Manon Palmieri 07773 456078.

Millennium Jubilee Hall, Kesgrave, IP5 2EN on Monday 7.30-8.30pm and Thursday 9.15-10.15am. Angela Hope 07801 892713.

Potton Hall, IP17 3EF on Friday 10am-12.30pm and 1pm-2.30pm. Ian Bentley 01728 648265.

Knodishall Village Hall, IP17 1UD on Wednesday 9.30-11am and Thursday 4.45-6.15pm. Karen Cartwright 07776 482702.

Salvation Army Hall, Woodbridge, IP12 1DT on Thursday 6.45-7.45pm and Friday 9.30-10.30am (restorative). Holly McLoughlin 07515445636.


Theberton Village Hall, Leiston IP16 4SB on Tuesday 9-10am (beginner) and 10.15-11.45am (intermediate). Judie Shore, 01728 648460.

Walton Community Hall, IP11 9DS on Monday 9.30-11am. Anne Freeman 01394 210023.
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