Classes and Activities in the Waveney 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)
Activities Suitable for Cardiac Clients

**Cardiac Exercise**  £  3-5

Professional cardiac and exercise support in a class or gym-based environment.

- Waterlane Leisure Centre, Lowestoft, NR32 2NH on Monday 9-10.30am and Thursday 9-10.30am and 10.30-12noon. Ben Lambert 01502 569116.

- King’s Centre, Great Yarmouth, NR31 0LE on Monday 9-10.15am, 10.30-11.15am and 1.30-2.30pm (seated exercise). Sally Dravnieks 07989 684151.
Activities Suitable for Cancer Clients

**Gentle Exercise  £  3-5**

Professional cardiac and cancer exercise support in a class or gym-based environment.

King's Centre, Great Yarmouth, NR31 0LE on Monday 9-10.15am, 10.30-11.15am and 1.30-2.30pm (seated). Sally Dravnieks  07989 684151.
General Activities Suitable for all Clients

Aqua Aerobics £ 5

A low impact, but powerful exercise to music class, using the water and equipment to create both resistance and support. Mostly aged 50+. Pleasant, warm pool at 29/30 degrees. Can undertake class at own pace. Palms Health Club, Hopton-on-Sea, NR31 9BX. Monday 9.15-10am and 7.15-8pm. Wednesday 10.30-11.15am. Thursday 7.30-8.15pm (Aqua Zumba). Friday 8-9am.

Hannah Gook 01502 734869

Aquacise £ 5-7

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

Bungay Leisure Centre, NR35 1PH. Monday 8.15-9am, Tuesday 9.15-10am and 10.15 – 11am and Friday 9.15-10am and 10.15 – 11am. Sam Ramond 01986 895014

Waterlane Leisure Centre, Lowestoft, NR32 2NH on Monday 12-1pm, Wednesday 8-8.45pm and Friday 7-7.45pm. 01502 532540.

Broadlands Health and Fitness Club, NR33 9JY. Tuesday and Thursday 7.15-8.15pm. 01502 517452.

Springlake Leisure, Barnby, NR34 7QP. Monday 7.30-8.30pm, Tuesday 10-11am and Thursday 10-11am. Also aqua tone/muscle conditioning on Tuesday 11.30am-12.30pm and Thursday 7.30-8.30pm. Lynn Borrett 01502 476742.

Beccles Lido, NR34 9PL. Monday 10-10.45am. Libby Day 01502 713297.
Aqua Circuits £6-8

For those who prefer a more targeted workout. Aqua Circuits is the aquatic equivalent to circuits in the gym. Based on a range of activities and movements, participants use equipment such as weights and specialised floats and move between stations to tone specific muscle groups. A great aerobics class but this time in the pool.

Waterlane Leisure Centre, Lowestoft, NR32 2NH on Wednesday 12-1pm and Thursday 2.45 - 3.45pm. 01502 532540.

Nirvana Gym, Lowestoft, NR33 7NL on Wednesday 10.15-11.15am. 01502 566346.

Badminton £2

The aim of the Badminton sessions is to offer individuals over 50 years of age the opportunity to practice and play within a small group, assisted by a coach to improve and develop their game. The coach is qualified to Level 2 and will include individual skill development and game play into the session. Waterlane Leisure Centre, Lowestoft, NR32 2NH. Monday 7.30-8.30pm.

Alex Bond 07904 538939

Boccia £3

Similar to bowls and petanque, Boccia is ideal for people with more limited mobility. A friendly and sociable session at Waterlane Leisure Centre, Lowestoft, NR32 2NH. Wednesday 4.30-5.30pm.

Ross Munro 07787 150640
**Booty Barre**

A class combining pilates and ballet. Moderate exercise class but can work at own level. Palms Health Club, Hopton-on-Sea, NR31 9BX. Monday 5.45 – 6.45pm and Friday 9.15-10.15am.

C Hannah Gook 01502 734869

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**Chair-based exercise**

Gentle, social classes suitable for those with more limited mobility. Also known as seated exercise this low level exercise class is aimed at improving range of movement, strength, flexibility and balance.

C Apple Tree Close (sheltered housing), Lowestoft, NR33 0LS. Thursday 9-10am.  
Sir Morton Peto House, Lowestoft, NR33 0QJ. Tuesday 2.30-3.30pm.  
Pakefield Church Hall, Pakefield, NR33 7DB. Monday 10.30-11.30am.  
Jon Regester 07941 303956

C Trinity Methodist Church, Lowestoft, NR32 4HU on Wednesday 2-2.45pm. Alex Bond 07904

C Marram Green Care Home/Community Centre/Library, NR33 7AH on Tuesday 9.30 - 10.15am and Wednesday 11-12 noon. Sallyann Protheroe 07599044806

C Gunton Baptist Church, Lowestoft, NR32 4AZ on Tuesday 2-2.45pm. Sallyann Protheroe 07599044806

C New Road Sports Centre, NR31 9JP on Monday 9.30-10.15am. Sallyann Protheroe 07599044806

C Halesworth Library, IP19 8AD on Thursday 9.30am – 10.15am and 10.30-11.15am (more gentle). Sue Potter 07780 707972.

C Hungate Church Hall, NR34 9TN on Thursday 2.30-3.15pm. Sue Potter 07780 707972.

C King’s Centre, Great Yarmouth, NR31 0LE on Monday 1.30-2.30pm. Sally Dravnieks 07989 684151.
Clubbercise £ 4-5

Clubbercise® is 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. Because of the high and low impact options Clubbercise dance fitness classes are great if you’re a beginner.

- Red Oak Primary School, Lowestoft, NR33 0RZ on Wednesday 7.35-8.20pm. Alex Bond 07904 538939
- Waterlane Leisure Centre, Lowestoft, NR32 2NH on Wednesday 5.45-6.30pm. Ben Lambert 07903468010.

Circuits - gentle £ 2-6

Fun, social and enjoyable classes to improve your overall fitness.

- Waterlane Leisure Centre, Lowestoft, NR32 2NH on Monday 2.15-3pm. Alex Bond 07904 538939
- All Hallows Hospital, NR35 2QL on Tuesday 1.30-2.30pm. Physio Team 01986 891674.
- New Road Sports Centre, NR31 9JP on Monday 10.30 - 11.15am. Sallyann Protheroe 07599044806
- Marram Green Care Home/Community Centre/Library, NR33 7AH on Thursday 9.30 - 10.30am. Alex Bond 07904 538939.
- St Marks Church Hall, Lowestoft, NR33 9JX on Wednesday 2-2.45pm. Alex Bond 07904 538939
- Hungate Church Hall, NR34 9TN on Thursday 1.15-2.15pm. Sue Potter 07780 707972.

Dancing – Line £ 5

Beginners always welcome, come and have fun! Uplands Community Centre, Carlton Colville, NR33 8SJ. Thursday 8-9.30pm.

- Norma Read 07513519425
Dancing – Strut £ 5

A bouncing moderate dance class but can work at own level. Palms Health Club, Hopton-on-Sea, NR31 9BX. Tuesday 7.20-8.20pm and Friday 9.15-10.15am.

Hannah Gook 01502 734869

Dancing – Ballroom £ 5-6 and Latin

Beginners always welcome, come and have fun! Rifle Hall, IP19 8LR on Monday 7.30-8.30pm. Wrentham Village Hall, NR34 7HJ on Tuesday 2.30-3.30pm and Haddiscoe Village Hall, NR14 6PD on Tuesday 7.30-9pm.

Corinna Stokes 07787 091427

Dancing – SOSA £ 2

SOSA Dance represents everything you want from your favourite fitness class — easy-to-learn choreography, fun and fantastic songs. Learn Salsa, Latin, Waltz, Cha-Cha, Samba & other international dance styles - one fantastic fusion of dance & fitness. Red Oak Primary School, Lowestoft, NR33 0RZ on Thursday 10-11am and The Kirkley Centre, Lowestoft, NR33 0AZ on Wednesday 7-8pm.

Alex Bond 07904 538939.

Easy Line £ 3-6

A specialised gentle gym equipment session using push and pull methods, which is easier on the joints and muscles etc.

All seated, work at own pace. Seasons Health Club, Beccles, NR34 9TR on Wednesday 11.30-12.30pm Simon Cook 01502 470 999.

Marram Green Care Home/Community Centre/Library, NR33 7AH on Tuesday 10.30 -11.15am and 11.30 - 12.15pm, Wednesday 9.30 - 10.15am and 12 - 12.45pm, Thursday 1-1.45pm and 2- 2.45pm and Friday 9-9.45am, 10 - 10.45am and 11-11.45am. Sallyann Protheroe 07599044806.
Exercise Referral

Scheme (Wellbeing Prescription)

The scheme aims to provide physical activity for members of the public with health issues over a 16 week period. Throughout the scheme you will have access to support, expert advice and help to increase your activity and health & wellbeing. Available at Bungay, Waterlane and Broadlands Leisure Centres.

Whitney Buckler wellbeing@sentinellt.co.uk or call the relevant leisure centre for further information (phone numbers throughout this menu).

Flex and Tone

A short warm up is followed by toning exercises with a light resistance; the main part of the class is pure stretching with relaxing music. This class is great to work on your flexibility. Bungay Leisure Centre, NR35 1PH on Wednesday 9.15-10am.

Sam Ramond 01986 895014

Hockey – Back to (ladies only)

You will be introduced back to the game by mixing in some skills exercises with some small sided game play. The emphasis is on a friendly and relaxed environment without the pressure to perform. East Point Academy Astroturf on Saturday 9-10am.

Alex Bond 07904 538939.

Legs, Bums and Tums

A complete lower body workout for all those problem areas.

Beccles Station Community Rooms, NR34 9QU on Friday 10-11am.

Rose Stride 07519132649

Nirvana Gym, Lowestoft, NR33 7NL on Tuesday 6.30-7.30pm. 01502 566346.
Mums, Bums and Tums

A fun and effective exercise class with mums in mind. Get in shape, strengthen and tone.

Hungate Church Hall, NR34 9TN on Thursday 1.15-2.15pm. Sue Potter 07780 707972.

Boston Lodge, Lowestoft, NR32 1UG on Monday 9.30-10.15am. Alex Bond 07904 538939.

New Age Kurling

Part of Lowestoft O-Go-Go - young mums, 55+ and 70+ age groups. This 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. It allows everyone to play on an equal level, and requires no strength or physical fitness.

The Kirkley Centre, Lowestoft, NR33 0AZ on Wednesday 5.45 - 6.45pm.
Trinity Methodist Church Hall, Lowestoft, NR32 1HU on Wednesday 3-4pm, and St Marks Church Hall, NR33 9JX on Fridays 2-3pm.

Alex Bond 07904 538939

Nordic Walking

A fun walking workout using poles, working 90% of our muscles. Poles are provided free of charge. This class is for beginners/slower walkers/returners, with the opportunity to attend other more advanced classes upon agreement with the instructor.

Marram Green Care Home/Community Centre/Library NR33 7AH on Thursday 10.30 - 11.15am. Sallyann Protheroe 07599044806

Pilates

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

Oulton Community Centre, Lowestoft, NR32 3AZ. Monday 9.30- 10.30am, 10.30-11am and Wednesday 9-10am. Helen Pybus 07814 651740

Elm Tree Primary School, Lowestoft, NR33 9HN. Wednesday 6-7pm, 7-8pm and Thursday 7-8pm. Helen Pybus 07814 651740

Venue of Performing Arts, Lowestoft, NR33 9NA. Tuesday 10.45-11.45am. Helen Pybus 07814 651740
Stella Peskett Hall, Southwold, IP18 6BE. Tuesday 9-10am and Wednesday 7.30-8.30pm. Helen Pybus 07814 651740

Rugby Club, Southwold, IP18 6TB. Thursday 10.45-11.45am. Helen Pybus 07814 651740

Wrentham Village Hall, NR34 7HJ. Wednesday 6-7pm. Helen Pybus 07814 651740

Huntingfield Village Hall, Halesworth, IP19 0QH. Tuesday 10.35 -11.35am. Nikki Hambling 01986 798038

Emmanuel Church Rooms, NR351DQ. Tuesday 1-2pm. Rachel Baynes 07932697129 (specifically for long term conditions)

Nuffield Health Gym, East Point Academy, NR33 0UQ. Monday 7-8pm. Claire Bishop 01502 525350

Palms Health Club, NR31 9BX. Thursday 10.30-11.30am and 7.30-8.30pm. Hannah Gook 01502 734869.

St Marks Church Hall, Lowestoft, NR33 9JX on Thursday 1.45-2.45pm. Alex Bond 07904 538939.

Release and Relax £ 6

Relaxing exercise class to help with stress, anxiety and breathing. Seasons Health Club, Beccles, NR34 9TR on Wednesday 12.30-1.30pm and Thursday 7.30-8.30pm.

Simon Cook 01502 470 999

Running for Beginners £ 1-6

All abilities up to 3miles/5K. Can go at own pace, run by UK affiliated running coaches (they will run with people to give confidence). Can progress onto Tuesday and Thursday sessions if want to (more advanced). Waterlane Leisure Centre, Lowestoft, NR32 2NH on Monday 6.30-7.30pm Lee lowestoftroadrunners@gmail.com

Claremont Pier, Lowestoft, NR33 0BS on Wednesday 9.30-10.30am. Alex Bond 07904 538939

Nirvana Gym, Lowestoft, NR33 7NL on Monday 9-9.30am. 01502 566346.
Stretch, Strength and Flex £ 5-6

Improve flexibility and strength, boost energy levels and improve mobility with this therapeutic class that introduces a series of stretches, positions and routines.

Waterlane Leisure Centre, Lowestoft, NR32 2NH. Tuesday 8.15-9pm, Wednesday 10.30-11.15am and Friday 10.15-11am. Ben Lambert 01502 532540

Bungay Leisure Centre, NR35 1PH. Monday 10.45-11.30am. Sam Ramond 01986 895014.

Nirvana Gym, Lowestoft, NR33 7NL on Monday 10-11am, Tuesday 9.15-10.15am/7.15-8.15pm and Friday 12-1pm. 01502 566346.

Swimming £ 1-6

General sessions at the pools below, 7 days per week, as well as adults only and 50+ sessions. Beccles Lido is open in the warmer months. iCANswim sessions are held at Waterlane Leisure Centre (Friday 1-2 pm) and Bungay Leisure Centre (Sunday 6-7pm) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas.

Waterlane Leisure Centre, Lowestoft, NR32 2NH. Ben Lambert 01502 532540

Bungay Leisure Centre, NR35 1PH. Sam Ramond 01986 895014.

Beccles Lido, NR34 9PL. 01502 713297

Nirvana Gym, Lowestoft, NR33 7NL. 01502 566346.

Broadlands Health and Fitness Club, NR33 9JY. 01502 517452.

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
Tai Chi  £  7
An ancient Chinese tradition that is performed in a gentle, slow, focused manner with a focus on improving leg strength, balance and stability. Waveney Day Centre, NR34 9HE on Monday 7-8.30pm. Mill Lane Centre, Bradwell, NR31 8HS on Tuesday 9.15-10.15am. Stella Maris Hall, Lowestoft, NR33 0HS on Tuesday 7-8.30am and Oulton Community Centre, NR32 3AZ on Thursday 11-12.30pm.
Carol Wrigley  07508 821470

Tennis – beginners  £  2
The aim of the Tennis sessions is to offer individuals over 50 years of age the opportunity to practice and play within a small group, assisted by a coach to improve and develop their game. The coach is qualified to Level 2 and will include individual skill development and gameplay into the session. Kensington Gardens Courts, Lowestoft, NR33 0HY on Monday 1-2.30pm.
Alex Bond  07904 538939

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 – £1-4

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!

Kirkley & Pakefield Football Club, Pakefield, NR33 7LE. Wednesday 3-4pm
Barrie Atkins 01502 513549. Also disability football (normal football rules but adapted for participants) on Thursday 1.30-2.30pm. Jon Regester 07941 303956.

Walking Rugby – £2

Walking Rugby is a slower, non-contact version of the game, and is particularly suited to retired players, those recovering from injury and illness, and over-50s wishing to stay fit and active. It can be played by all ages and sexes together and can help keep people stay active. It’s competitive and good fun and open to all levels of fitness and skill.

Lowestoft and Great Yarmouth Rugby Club, Lowestoft, NR32 5HE on Mondays 7-8pm. Alex Bond 07904 538939

Yoga – £2-9

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

Bungay Leisure Centre, NR35 1PH. Tuesday and Thursday 10.30-12 noon.
Chair-based yoga Thursday 12.15-1.15pm. Free-style yoga 8.45-9.30am.
Sam Ramond 01986 895014.

Waterlane Leisure Centre, Lowestoft, NR32 2NH. Tuesday 9.15-10.45am and Thursday 7.45 – 8.45pm (beginners class). Ben Lambert 01502 532540

Yoga Glow Studio, Beccles, NR34 9AJ. Monday 10-11.30am, 6-7.15pm, Tuesday 7.30-9pm, Wednesday 10-11.30am, 12-13.30pm and 6-7.30pm. Thursday 10-11:30am, 7.30-9pm. Friday 10-11.30am. Saturday 9-10.30am. Restorative Yoga specifically for people with long-term health conditions on Tuesday 10-11.30am. Michelle Cheesbrough 07958 203357

St Margaret’s Church Hall, NR32 4BW. Thursday 9.45-10.45am (mum and baby) and 11am-12noon. Alex Bond 07904 538939

Marram Green Care Home/Community Centre/Library NR33 7AH. Thursday 11-12 noon (chair yoga) and Wednesday 7.30-9pm. Jan Lacey 07807 590266.

Oulton Community Centre, NR32 3AZ on Thursday 1.30-3pm. Jan Lacey 07807 590266.
Nuffield Health Gym, East Point Academy, NR33 0UQ. Wednesday 7-8.30pm. Claire Bishop 01502 525350.

Fortrey Heap Hall, NR34 7PN. Thursday 7.30-9pm. Jan Lacey 07807 590266.

Palms Health Club, NR31 9BX. Wednesday 6.20 – 7.20pm. Hannah Gook 01502 734869

South Lowestoft Methodist Church Hall, NR33 0DY. Wednesday 10.30 - 12 noon. Jan Lacey 07807 590266.

Beccles Station Community Rooms, NR34 9QU. Tuesday 9.30-10.30am and Thursday 6.30-7.30pm. Hannah Davey 07899 641027. Monday 11.30-1pm, Tuesday 11 – 12.30pm, Wednesday 5.45-7pm and Saturday 9-10.30am. Jenny Mercer 07791 745331.

Boston Lodge, Lowestoft, NR32 1UG. Friday 7-8pm. Alex Bond 07904 538939.

Red Oak Primary School. Thursday 7-8pm. Alex Bond 07904 538939.

Nirvana Gym, Lowestoft, NR33 7NL. Wednesday 9.15-10.15am and Saturday 10-11am and 6-7pm. 01502 566346.

St Marks, Church Hall NR33 4BW on Thursday 2-3pm and Friday 1-2pm. Alex Bond 07904 538939.

**Zumba Gold/Gentle**

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!

- **Huntingfield Village Hall, Halesworth, IP19 0QH.** Monday 11-12 noon. Eileen 07813 854255
- **Nuffield Health Gym, East Point Academy, NR33 0UQ.** Tuesday 7-8pm. Claire Bishop 01502 525350 (Zumba but not intense)
- **Bloodmoor Community Centre, NR33 8WL.** Wednesday 7.30-8.30pm. Carrie Martindale 07960 328028 (Zumba style dancing).
- **St Marks Church Hall, Lowestoft, NR33 9JX** on Thursday 3-3.45pm. Alex Bond 07904 538939
- **Boston Lodge, Lowestoft, NR32 1UG.** Monday 10.30-11.15am and Tuesday 6.45-7.30pm. Alex Bond 07904 538939.
- **Nirvana Gym, Lowestoft, NR33 7NL.** Wednesday 10-11am, Thursday 10-11am and 6-7pm. 01502 566346.
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