

fit villages

activity on your doorstep



Pilates

Waldringfield was one of the first villages in Suffolk to take part in the Fit Village initiative when we introduced Pilates classes some 3 years ago. It has since become a firm favourite with 2 classes held on Friday afternoons. The style of teaching is very accessible and everyone can work within individual skill and mobility levels. A new term starts on 25th April with classes at 1pm and 2.10pm when new and existing clients will be made very welcome.

Dancing

The Line Dancing and Scottish Dancing taster sessions last Spring were a great success and were followed by 2 well attended courses in the Autumn.

Both forms of dancing are a very sociable and enjoyable way of keeping fit, with or without a partner. The classes are suitable for absolute beginners as well as improvers and suit all levels of fitness.

We will be offering similar courses during this coming Autumn. So, if you want to spruce up your electric slides or polish up your mirror reels look out for more details later in the year.