



THE CODDENHAM CENTRE

GET COVID 'MATCH FIT' FOR THE WINTER

FREE TASTERS

@THE CODDENHAM CENTRE

Here's an opportunity to try another range of mental & physical activities for FREE from YOUR Centre, in a COVID Secure, socially distanced and spacious environment.

NORDIC WALKING Saturday 3 October 11.30am-12.30pm

'If You Can Walk, You Can Nordic Walk' An introduction to the gentle exercise that works over 90% of your body, improves posture and helps lose weight while walking in the Suffolk Countryside.

TENNIS Saturday 10 October 1.30pm -2.30pm

Come and meet our Tennis Coach, either to introduce you to the game, dust off that 'rusty racket' or improve your current technique.

DRU YOGA Thursday 15 October 1.45pm-3pm

A contemplative form of Yoga, that is great for mind, body and energy levels.

HATHA YOGA FLOW Saturday 17 October 11.30am-12.15pm

An introduction to a yoga that combines core strengthening, breath work and relaxation.

PILATES Thursday 22 October 11am-11.45am

An accessible introduction to Pilates for new users or those experienced who want to do more.

All Tasters need to be booked by emailing enquiries@thecoddendamcentre.co.uk or telephoning 07720206532. We need your contact details for Track & Trace and do please follow current guidelines to help us stay COVIDSecure.

Try something(s) new and support your Coddendam Centre!

Please help us stay **COVIDSAFE** by observing all current regulations and familiarising yourself with government guidance.

THE CODDENHAM CENTRE

A CENTRE FOR RECREATION, CELEBRATION, LEARNING, SPORT & ENJOYMENT - ACCESSIBLE TO ALL

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