



THE CODDENHAM CENTRE

NEW EXERCISE OPPORTUNITIES

@THE CODDENHAM CENTRE

Plus more FREE Tasters!

TAE BO

A blend of aerobics, self-defence, martial arts, dance and kickboxing.

It is set to great music, highly addictive and suitable for all ages and fitness levels.

FREE Taster 12pm - 1pm November 7th and sessions every Saturday at 12:00pm, for £5 per class. **Book the Taster through enquiries@thecoddenhamcentre.co.uk** and for classes **contact leroy.brade@virginmedia.com**.

SHORT TENNIS

With winter here, we are adding a new indoor tennis option.

Short Tennis is an exciting, fast-paced game which anyone can play and it is very easy to pick up. **Book the Main Hall online or call 07720 206532.** £7.00 per session, £5.00 for Tennis Club members. **Your first session in October & November is FREE.**

NORDIC WALKING

With THE SUFFOLK SCHOOL OF NORDIC WALKING

Our **FREE Tasters** are available the first Saturday of every month introducing you to this easily accessible walk that's a workout, exercising over 90% of your skeletal muscles efficiently and with low impact. **Next Taster - Saturday 7th November 11.30 - 12.30pm.**

All our training courses also start monthly and there is a choice of weekly walks available. **Go to the Centre website or call 07801 699786.**

We have a fabulous range of other activities including:

Badminton, Bowls (indoor & out) High Intensity Interval Training, an Outdoor Gym, Pilates, Tennis (indoor & out), Yoga, Ballroom and Modern Dance.

These are available, along with our spacious facilities for hire at YOUR Coddenham Centre Now!

We work hard to stay COVID SECURE - Please follow all government guidelines



THE CODDENHAM CENTRE

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

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