



THE CODDENHAM CENTRE

CHRISTMAS AND NEW YEAR

@THE CODDENHAM CENTRE

A return to our usual schedule* plus more!

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 5th December and sessions every Saturday at noon, for £5. **Book the Taster through** enquiries@thecoddenhamcentre.co.uk and for classes contact taebochallenge@gmail.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 December 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. **Next Tasters - Saturday 5th December and 9th January 2021** 11.30 - 12.30pm. All our training courses start monthly and there is a choice of weekly walks. **Go to www.thecoddenhamcentre.co.uk or call 07801 699786** for all details.

CO-OP BRASS BAND seasonal concert

Sunday 6th December with proceeds to St Marys Church. From 2pm we will be at the Church, Haysel House and Green Hill then from 3pm outside the Coddenham Centre. Refreshments available. Donations please via Justgiving.com.

SIMPLY BRASS STOWMARKET concert streamed from The Coddenham Centre

Sunday 13th December 3pm. Go to www.simplybrassstowmarket.org.uk for all details.

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!**

***all subject to government guidelines**



THE CODDENHAM CENTRE

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

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