

Fit Village Report

April 2012

In response to the Fit Village Initiative, questionnaires were sent to everyone in the village for feedback on what, if any, physical activity would be supported. The result was the introduction of regular Pilates classes in the Village Hall.

These initially were subsidised by Suffolk Sport and proved to be so popular that we needed two separate classes each week to accommodate all the people wanting to take part – even then we had a waiting list. The subsidy has now ended but the classes continue.

Over the Spring/Summer months there will be one class per week but this can be increased again when everyone is back from holiday commitments.

The next course starts on Friday 27th April. The cost of a 6 week course is £36. Alternatively if you wish to “drop in” to individual sessions, the cost is £8.50 per session. The classes are quite light hearted but I think most of us taking part have noticed some improvements!!

If you want to book please contact Kat directly on 01728 638 or 07940 834605.

Also, Suffolk Sport has introduced a Village Rounders Tournament. It is possible that Waldringfield will be the host this year – sometime in September. We are looking for a volunteer to take on the role of Team Captain to recruit and coach the team, please contact me if you would like more information at janet@buttermans.com

Janet Elliot