

“We aim to provide a progressive, quality and value for money service encouraging continued and frequent use by the community.”



Fitness Class Timetable

Tuesday 3rd January to
Sunday 1st April 2012



One Leisure Huntingdon
St Peter's Road, Huntingdon,
Cambridgeshire PE29 7DA

Tel: 01480 388600

Email: oneleisurehuntingdon@huntingdonshire.gov.uk

Website: www.oneleisure.net

 [facebook.com/oneleisureuk](https://www.facebook.com/oneleisureuk)  twitter.com/oneleisureuk

One Leisure is managed by Huntingdonshire District Council.

If you would like a translation of this publication, a large text version or an audio version, please contact us and we will try to accommodate your needs.

All information is correct at the time of printing (11/11). We reserve the right to amend the prices and services as described within this publication. One Leisure regulations apply.

This publication is produced by the One Leisure Marketing Department.



**No price
changes
in January
2012**

www.oneleisure.net

MONDAY		
9.30am - 10.20am	Aerobics	C
10.40am - 11.10am	Abs Blast (30 minutes)	C
11.30am - 12.10pm	Fitness Pilates	C
12.40pm - 1.30pm	Ex-Bike	C
3.05pm - 3.55pm	Aquanatal (excluding 13th February)	
6.00pm - 6.50pm	Ex-Bike	
7.00pm - 7.50pm	Circuit Training (Sports Hall)	
7.00pm - 7.50pm	Body Maxx	
8.10pm - 9.00pm	Pilates	

TUESDAY		
9.30am - 10.20am	Pilates: Beginners (excluding 14th February)	C
10.30am - 11.20am	Pilates: Advanced (excluding 14th February)	C
11.30am - 12.20pm	Aquafit	C
12.00pm - 12.50pm	Open Yoga	C
1.15pm - 2.05pm	NEW Intermediate Yoga	
5.40pm - 6.30pm	Ex-Bike	
6.45pm - 7.35pm	Aerobics	
7.30pm - 8.20pm	Zumba	
7.45pm - 8.35pm	Salsacise	

WEDNESDAY		
9.30am - 10.20am	NEW Circuit Training (Sports Hall)	C
10.30am - 11.20am	Thigh Burners	C
11.30am - 12.20pm	Fitness Pilates	C
12.40pm - 1.30pm	Ex-Bike	
6.00pm - 6.50pm	Ex-Bike	
7.00pm - 7.50pm	Lower Body Blitz	
7.00pm - 7.50pm	Body Pump	
7.00pm - 7.50pm	Circuit Training (Sports Hall)	
8.00pm - 8.50pm	Zumba	
8.10pm - 9.00pm	Ex-Bike	

THURSDAY		
9.30am - 10.20am	Body Pump	C
10.40am - 11.10am	Abs Blast (30 minutes)	C
11.30am - 12.20pm	Zumba	C
1.00pm - 1.50pm	NEW Circuit Training (Sports Hall)	C
1.30pm - 2.30pm	RightStart 3: Fitness Class	
6.00pm - 6.50pm	Ex-Bike	
6.00pm - 6.50pm	Aquafit	
7.00pm - 7.50pm	Aerobaton	
7.00pm - 7.50pm	Step	
8.00pm - 8.50pm	NEW Boxercise	
8.05pm - 8.55pm	Body Combat	

FRIDAY		
9.30am - 10.20am	Pilates	C
10.30am - 11.20am	Flex & Tone	C
11.30am - 12.20pm	Fitness Pilates	C
12.35pm - 1.25pm	Ex-Bike	C
6.00pm - 6.50pm	Circuit Training (Sports Hall)	

SATURDAY		
9.00am - 9.50am	Zumba	
9.20am - 10.10am	Body Combat	
10.30am - 11.20am	Ex-Bike	

SUNDAY		
9.30am - 10.20am	Ex-Bike	
10.30am - 11.20am	NEW Zumba	

Class Descriptions

Classes with the **C** symbol indicate that crèche facilities are available so you can workout knowing your child is having fun in a safe and stimulating environment.

Abs Blast

A 30 minute toning and strengthening class concentrating on the main core abdominal muscles.

Aerobatone

A fun and energetic aerobic workout designed to burn calories, increase cardiovascular fitness and tone your stomach and legs.

Aerobics

Ideal for toning and strengthening using a variety of moves and routines.

Aquafit

A fun workout in the pool using the resistance of the water for all over toning.

Aquanatal

A gentle class in the pool for expectant and new mothers.

Body Combat

An addictive aerobic workout based on kick-boxing, karate and other martial arts. Every three months, there is a new class with fresh choreography and music.

Body Maxx

An aerobic toning class using hand weights for an all over body workout.

Body Pump

A resistance-training workout that strengthens, tones and defines every muscle in your body using barbells and adjustable weights. Every three months, there is a new class with fresh choreography and music.

NEW Boxercise

Boxercise is a fun and energetic exercise routine using boxing moves for all levels of ability. Ideal for shaping up and burning calories.

Circuit Training

Combines cardiovascular fitness with muscle strength and endurance exercises by moving around different workout stations. Work to your own ability and fitness.

Ex-Bike

A cardiovascular workout on an indoor bicycle to motivational music that tones and shapes the whole body. Adjust the bicycle to suit your own ability.

Fitness Pilates

Fitness Pilates produces more effective stretching, strengthening and balancing of the body through specific exercises and focused breathing.

Flex & Tone

A great class to tone and condition the whole body as well as improving flexibility and core strength. Suitable for all ages and abilities.

Lower Body Blitz

A multi-muscle class designed to strengthen and define your lower body.

Pilates

A relaxing class, aimed at improving posture, body alignment, breathing, muscular strength and control.

RightStart 3: Fitness Class

A fun, social class for older adults with light to moderate exercise to help improve flexibility, strength and fitness. Suitable for people wanting to exercise for the first time or returning to exercise after a medical condition.

Salsacise

Salsacise is a fantastic mix of salsa steps and Cuban beats designed to tone your hips, waist and thighs. Find the Latino in you and see the results!

Step

Using the step, this is an excellent all over body workout improving fitness whilst strengthening and toning.

Thigh Burners

A multi-muscle class designed to tone and strengthen the legs, bum and tum.

Yoga

Through the practice of different postures, breathing exercises and meditation, yoga makes you healthier in body, mind and spirit. Helps boost the immune system, encourage relaxation and correct posture.

Zumba

Dance your way to fitness at One Leisure Huntingdon. Zumba fuses Latin rhythms and easy to follow moves to create a class that will blow you away. Ditch the workout, join the party!

Booking Information

	ONE CARD	FULL PRICE
Fitness Class Pass (any 10 fitness classes priced up to £4.90)	£39.00	-
All Fitness Classes (except below)	£4.50	£5.50
Body Pump / Body Combat	£4.90	£5.90
Abs Blast (30 minutes)	£3.20	£4.20
RightStart 3	£3.00	-

Advantage Members

Fitness classes at all of the One Leisure sites are **FREE** for Advantage members (this excludes fitness class courses).

One Card

To book a fitness class, you must have a One Card which entitles you to book up to 7 days in advance. Courses can be booked as soon as they are advertised. The One Card is free and only requires you to complete a simple form which is available from reception or www.oneleisure.net

Payment

All classes must be paid for at the time of booking. This includes bookings made in person, by phone or using online bookings. There is no surcharge for bookings made by credit card. We accept cash payment for bookings made in person.

Online Bookings

Search availability 24 hours a day and book activities up to 7 days in advance. To register for online bookings you must have a One Card and complete an online form available from www.oneleisure.net

Refunds & Cancellations

If you cannot attend you must give at least one hour notice. You will then be entitled to a refund (refunds for online bookings can only be made by phone or in person). If you make a booking for a fitness class and do not attend, you will be charged the full activity fee (this includes Advantage members).

Customer Information

- All adult fitness classes can be attended by 14+ year olds without supervision.
- All classes last 50 minutes (except where stated) so please arrive early to book in so that classes can start on time.
- You may bring a clean towel and water bottle to the class. Please do not bring personal belongings or mobile phones.
- Appropriate footwear and clothing must be worn.
- You must notify the instructor if you suffer from any condition that may affect your ability to exercise.



Beauty treatments available at One Leisure Huntingdon

Pure Health & Well-Being are beauty treatment and heat experience facilities where you can relax, unwind and be pampered.

- Decléor Body Treatments
- Decléor Facials
- Decléor Tanning
- Jessica Hand & Foot Care
- Waxing
- Eye Treatments
- Massages
- Treatments for Men
- Pamper Packages

**20% discount
off treatments
for Advantage
members**

- Heat Experience Rooms
- FREE Crèche Facilities
- Products Sales
- Gift Vouchers

DECLÉOR
PARIS

JESSICA

