

“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 Ramsey
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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		
10.50am - 11.40am	NEW Zumba	C
6.00pm - 6.50pm	Ex-Bike	
6.05pm - 6.55pm	Adult Trampoline Course <small>(9th January to 25th March)</small> £57.60 for 12 weeks	
6.05pm - 6.55pm	Dance Fusion	
7.05pm - 7.55pm	Legs, Tums & Bums	
7.05pm - 7.55pm	Circuit Training	
7.20pm - 8.10pm	Aquafit (ladies only)	

TUESDAY		
11.05am - 11.55am	Aquafit	C
1.00pm - 2.00pm	NEW Open Badminton <small>(excluding 14th February)</small>	
6.05pm - 6.55pm	Zumba	
7.05pm - 7.55pm	Pump fx	

WEDNESDAY		
9.20am - 10.10am	Legs, Tums & Bums	C
10.05am - 10.55am	Aquanatal <small>(excluding 15th February)</small>	C
10.20am - 11.10am	Ex-Bike	C
12.05pm - 12.55pm	Aquafit (ladies only)	
6.00pm - 6.50pm	Ex-Bike	
6.05pm - 6.55pm	Zumba	
7.05pm - 7.55pm	Circuit Training	
7.20pm - 8.10pm	NEW Aqua Circuits	

THURSDAY		
6.05pm - 6.55pm	Fit Ball	
7.00pm - 7.50pm	Ex-Bike	
7.05pm - 7.55pm	Aqua Zumba	
7.05pm - 7.55pm	Legs, Bums & Tums	

FRIDAY		
9.30am - 10.20am	Ex-Bike	C
6.05pm - 6.55pm	Boxercise	
7.00pm - 8.30pm	Yoga Course <small>(6th January to 10th February)</small> £40.50 for 6 weeks Yoga Course <small>(17th February to 30th March, excluding 23rd March)</small> £40.50 for 6 weeks	

SATURDAY		
8.05am - 8.55am	NEW Boot Camp	
9.00am - 9.50am	Ex-Bike	

SUNDAY		
9.05am - 9.55am	Ex-Bike	
10.05am - 10.55am	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.

Adult Trampoline

Practice basic skills, drops and jumps safely on the trampoline with an experienced instructor. Improve balance whilst exercising and having fun.

NEW Aqua Circuits

Combines high intensity fitness training with toning by moving around different workout stations in both shallow and deep water.

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.

Aqua Zumba

Join the pool party! Aqua Zumba incorporates all the fun of Zumba high-intensity dance movements with the gentle support of the water.

NEW Boot Camp

ATTENTION! Boot Camp is a no-nonsense workout featuring circuit stations, shuttle runs, burpees plus agility and fitness drills which are designed to push you to the limit. Classes will take place indoors and outdoors. Not suitable for beginners.

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.

Dance Fusion

An energetic dance based class combining street, disco and salsa moves into a fun upbeat workout. Suitable for all fitness levels.

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.

Fit Ball

A great challenging class to tone and condition all major muscles of the torso. Improves balance and strengthens the core muscles, abs, hips and lower back.

Legs, Bums & Tums

An aerobic class which focuses on strengthening and toning the lower half of the body. Helps improve co-ordination, flexibility and stamina.

NEW Open Badminton

A social badminton session where you can play and socialise with other adults. Racquets and shuttlecocks are supplied.

Pump fx

A popular 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.

Yoga

Through the practice of different postures, breathing exercises and meditation, yoga makes you healthier in body, mind and spirit.

Zumba

Dance your way to fitness at One Leisure Ramsey. 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 <small>(any 10 fitness classes priced up to £4.90)</small>	£39.00	-
All Fitness Classes <small>(except below)</small>	£4.50	£5.50
Pump fx	£4.90	£5.90
Open Badminton	£2.50	£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.