

“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 Sawtry**  
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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](http://www.oneleisure.net)

MONDAY		
9.30am - 10.20am	Ex-Bike (excluding 13th February)	Ⓢ
10.30am - 11.20am	Zumba (excluding 13th February)	Ⓢ
6.00pm - 6.50pm	Ex-Bike	
6.30pm - 7.20pm	Aquafit	
7.00pm - 7.50pm	Aerobics	
8.00pm - 8.50pm	Zumba	
8.00pm - 8.50pm	Boxercise	

TUESDAY		
9.30am - 10.20am	Pump fx (excluding 14th February)	Ⓢ
10.30am - 11.20am	Fit Ball (excluding 14th February)	Ⓢ
7.00pm - 7.50pm	Legs, Bums & Tums (excluding 17th & 31st January, 14th & 28th February and 13th & 27th March)	
7.15pm - 8.05pm	Pump fx	
8.30pm - 9.20pm	Ex-Bike	

WEDNESDAY		
9.30am - 10.20am	Pilates (excluding 15th February)	Ⓢ
1.30pm - 2.30pm	RightStart 3: Fitness Class (excluding 15th February)	
5.45pm - 6.35pm	Ex-Bike	
6.00pm - 6.50pm	Aqua Zumba	
6.45pm - 7.15pm	Abs Blast (30 minutes)	
7.15pm - 8.05pm	Shape & Tone	
8.15pm - 9.05pm	Boot Camp	

THURSDAY		
9.30am - 10.20am	<b>NEW</b> Fatburner (excluding 16th February)	Ⓢ
10.30am - 11.20am	Abs Attack (excluding 16th February)	Ⓢ
12.45pm - 1.35pm	Yoga (excluding 16th February)	
6.00pm - 6.50pm	Fit Ball	
7.00pm - 7.50pm	Aquafit	
7.00pm - 7.50pm	Circuit Training	
8.15pm - 9.05pm	Pump fx	

FRIDAY		
9.30am - 10.20am	Pump fx (excluding 17th February)	Ⓢ
10.40am - 11.30am	Ex-Bike (excluding 17th February)	Ⓢ
3.45pm - 4.35pm	Teen Ex-Bike (12 to 16 years) (excluding 17th February)	
6.00pm - 6.50pm	Ex-Bike	
6.00pm - 6.50pm	<b>NEW</b> Zumba	

SATURDAY		
9.00am - 9.50am	Ex-Bike	
10.00am - 10.50am	Zumba	

SUNDAY		
8.00am - 8.50am	Boot Camp	
9.00am - 9.50am	Ex-Bike	

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

### Abs Attack

An all-round abs workout concentrating on the main core muscles using a variation of different training methods and resources to maximise your workout.

### Abs Blast

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

### 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.

### Aqua Zumba

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

### 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. 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.

## Ex-Bike

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

## NEW Fatburner

Burn those calories in this high/low aerobic session mixed with dance and boxing moves.

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

## Pilates

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

## Pump fx

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.

## 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.

## Shape & Tone

A workout that combines movements with weights to tone and improve strength.

## Teen Ex-Bike (12 to 16 years)

A cardio workout full of fun and energy with motivational music on specialist exercise bikes. Adjust the bike to suit your own ability.

## 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 Sawtry. 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
Abs Blast <small>(30 minutes)</small>	£3.20	£4.20
RightStart 3	£3.00	-
Teen Ex-Bike <small>(12 to 16 years)</small>	£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](http://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](http://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.