

“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



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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.



www.oneleisure.net

Fitness Class Timetable

Our timetable includes a wide range of aerobic, toning, relaxation and aqua classes available during the daytime, evenings and weekends.

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.

MONDAY	
8.45am - 9.40am	Morning Workout
9.30am - 10.20am	Step C
10.30am - 11.20am	Fitness Pilates C
11.30am - 12.20pm	Zumba C
6.00pm - 6.55pm	Body Attack
6.30pm - 7.20pm	Ex-Bike
7.00pm - 7.55pm	Legs, Bums & Tums
7.30pm - 8.20pm	Ex-Bike
8.00pm - 8.55pm	Body Combat

TUESDAY	
7.10am - 8.00am	Ex-Bike
9.30am - 10.20am	Legs, Bums & Tums C
10.30am - 11.20am	Pilates C
12.30pm - 1.20pm	Ex-Bike C
2.00pm - 3.30pm	Keep Fit
5.00pm - 5.55pm	Circuit Training (Sports Hall)
5.30pm - 6.20pm	Ex-Bike
6.00pm - 6.55pm	Circuit Training (Sports Hall)
6.30pm - 7.20pm	Ex-Bike
6.30pm - 7.25pm	Shape & Tone
7.00pm - 7.55pm	Circuit Training (Sports Hall)
7.15pm - 8.10pm	Aquafit
7.30pm - 8.25pm	Boxercise
8.00pm - 8.50pm	Ex-Bike
8.30pm - 9.25pm	Zumba

WEDNESDAY	
9.20am - 10.10am	Ex-Bike
9.30am - 10.20am	Step C
10.00am - 11.30am	Yoga Course C (11th January to 21st March, excluding 15th February) £67.50 for 10 weeks
10.30am - 11.20am	Body Conditioning C
11.30am - 12.20pm	Zumba C
12.30pm - 1.20pm	Fitness Pilates C
2.00pm - 3.00pm	RightStart 3: Fitness Class
3.15pm - 4.05pm	Teen Ex-Bike (12 to 16 years) (excluding 15th February)
5.30pm - 6.25pm	Body Combat
6.20pm - 7.10pm	Ex-Bike
6.35pm - 7.25pm	Step
7.20pm - 8.10pm	Ex-Bike
7.35pm - 8.30pm	Body Pump
8.20pm - 9.10pm	Ex-Bike
8.35pm - 9.30pm	Pilates

THURSDAY	
9.30am - 10.20am	Aerobics C
11.30am - 12.20pm	Fitness Pilates C
12.30pm - 1.20pm	Ex-Bike C
5.00pm - 5.55pm	Circuit Training (Sports Hall)
5.40pm - 6.30pm	Ex-Bike
6.00pm - 6.55pm	Body Attack
6.00pm - 6.55pm	Circuit Training (Sports Hall)
6.40pm - 7.30pm	Ex-Bike
7.00pm - 7.55pm	Circuit Training (Sports Hall)
7.15pm - 8.10pm	Aquafit
7.25pm - 8.20pm	Body Pump
7.50pm - 8.40pm	Ex-Bike
8.30pm - 9.25pm	Zumba

FRIDAY		
9.30am - 10.20am	Fatburner	Ⓢ
12.30pm - 1.20pm	Pilates	Ⓢ
5.30pm - 6.25pm	Pilates	
5.50pm - 6.40pm	Ex-Bike	
6.30pm - 7.25pm	Body Pump	
6.50pm - 7.40pm	Ex-Bike	

SATURDAY		
8.25am - 9.20am	Body Pump	
9.30am - 10.20am	Ex-Bike	
9.30am - 10.25am	Step	
10.30am - 11.20am	Ex-Bike	
10.45am - 11.15am	Abs Blast (30 minutes)	
11.30am - 12.25pm	Zumba	

SUNDAY		
9.30am - 10.25am (up to 19th February)	Circuit Training (Sports Hall)	
9.00am - 9.55am (from 26th February)	Circuit Training (Sports Hall)	
10.00am - 10.50am	Ex-Bike	
10.00am - 10.55am	Fatburner	
11.00am - 11.55am	Body Combat	

Daisy Birthing

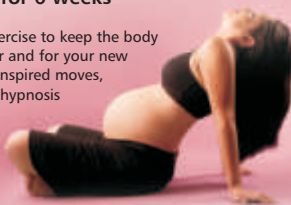


Tuesdays (check reception for course dates)

7.00pm to 8.30pm £54.00 for 6 weeks

Daisy Birthing provides safe and effective exercise to keep the body healthy and strong, preparing you for labour and for your new life after the birth. Combining gentle yoga inspired moves, alongside breath work, relaxations, and self hypnosis techniques, we will energise and relax you and can relieve common discomforts.

Suitable for women who are between 14 to 42 weeks of their pregnancy.



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/Body Attack	£4.90	£5.90
Abs Blast (30 minutes)	£3.20	£4.20
RightStart 3	£3.00	-
Teen Ex-Bike (12 to 16 years)	£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.
- Please arrive early to book in at reception 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.

Class Descriptions

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.

Body Attack

High-energy sports moves for fitness and body conditioning exercises for strength. Suitable for all fitness levels. Every three months, there is a new class with fresh choreography and music.

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 Conditioning

Body Conditioning is a head-to-toe toning class combining aerobic fat burning whilst using your own body, weights and resistance.

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.

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.

Fatburner

Burn those calories in this high/low aerobic session.

Fitness Pilates

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

Keep Fit

A class designed for over 50's which aim to keep muscles and joints supple whilst maintaining co-ordination and balance. Also ideal for those returning to exercise and wanting to start with a low impact class.

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.

Morning Workout

An instructed fitness session suitable for all ages and abilities based around stations in the Impressions Free Weights Gym. This is a total body workout which includes strength work and use of cardiovascular equipment.

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.

Shape & Tone

A workout that combines movements with weights.

Step

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

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. Available as a 10 week courses.

Zumba

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