

# Cyclone Indoor Cycling

**MONDAY**

12.00pm	Open Ride	2 hours
3.00pm	Cyclone START UP	60 mins
8.30pm	Cyclone TOUR	40 mins

**TUESDAY**

6.30am	Open Ride	3 hours
12.00pm	Cyclone TOUR	40 mins
12.45pm	Cyclone STUDIO	40 mins
1.45pm	Open Ride	3¼ hours

**WEDNESDAY**

7.30am	Cyclone TOUR	60 mins
8.30am	Open Ride	60 mins
12.00pm	Open Ride	60 mins
4.00pm	Open Ride	60 mins
5.00pm	Cyclone STUDIO	40 mins

**THURSDAY**

12.00pm	Cyclone TOUR	60 mins
1.00pm	Open Ride	2 hours
5.00pm	Cyclone TOUR	40 mins

**FRIDAY**

8.15am	Cyclone TOUR	40 mins
2.15pm	Open Ride	1¾ hours

**SUNDAY**

9.00am	Cyclone TOUR	60 mins
10.00am	Cyclone STUDIO	60 mins
11.00am	Cyclone DRILLS	40 mins



Please note there will be no Cyclone classes running from **Monday 23rd October 2017 to Friday 27th October** between **8.00am to 5.00pm**.

**CLASS DESCRIPTIONS**

<b>Cyclone STUDIO</b>	40 and 60 minute sessions where you can immerse yourself on the virtual screen and ride with a world class virtual coach. The 40 minute sessions are ideal for beginners or if new to Cyclone sessions.
<b>Cyclone TOUR</b>	40 and 60 minute sessions with amazing footage of stunning terrain from all over the world enhanced with music and motivational voice over from a world class coach. The 40 minute sessions are ideal for beginners or if new to Cyclone sessions.
<b>Cyclone DRILLS</b>	40 minutes of high intensity interval training (HIIT) DRILLS where each session will vary with an emphasis on speed, strength and endurance.
<b>Open Ride</b>	Open Ride sessions are ideal for completing FTW tests, a MyRide sessions via the app or just do your own training. Simply turn up and cycle away as you can choose how long you want to cycle for during the session.
<b>Cyclone START UP</b>	This class is aimed at anyone who wants a bit more support to get started on the IC7 bikes. This could be because: You have a medical condition that means you would like extra guidance and support / would like to work at a moderate intensity, or you would fee more comfortable starting at a session where there is someone there to assist. This may be with a view to moving on to other sessions when you are happy to do so or long-term adherence.

**01480 388111**

oneleisureuk



oneleisureuk

[www.oneleisure.net](http://www.oneleisure.net)

One Leisure Sawtry  
Green End Road  
Sawtry  
Cambridgeshire  
PE28 5UY



Managed by Huntingdonshire District Council

# BOOKING INFORMATION

CASUAL USE	ONE CARD	FULL PRICE
Cyclone Session	£3.50	£5.00
Teen Cyclone Session (11 to 16 years)	£2.00	£3.50

  

MEMBERSHIP & PASSES	
Monthly Pass (with Platinum, Solo or Aqua membership)	£7.50 per month (direct debit)
Annual Pass (with Platinum, Solo or Aqua membership)	£75.00 per year
Monthly Pass (with no membership package)	£15.00 per month (direct debit)
Annual Pass (with no membership package)	£150.00 per year
Cyclone Pass (block of 10 Cyclone sessions)	£30.00 for 10 sessions
Teen Cyclone Pass (block of 10 Teen Cyclone sessions)	£20.00 for 10 sessions

## PLATINUM MEMBERS

Please note that Cyclone classes are not included with the Platinum membership. Unlimited use of the Cyclone sessions can be added with a monthly or annual Cyclone membership.

## HOW TO BOOK

With a One Card, you can book Cyclone sessions up to 7 days in advance by phone, in person or online. If you do not have a One Card, you can register for one online at [www.oneleisure.net](http://www.oneleisure.net); or by filling in a simple form at reception. The One Card is a one-off cost of £1 per person which you will save after only one visit.

## PAYMENT

Payment must be made in full at the time of booking. We accept payment by cash, debit or credit card. There is no surcharge for payments by debit or credit card. Cheque payments are not accepted.

## CANCELLATIONS / REFUNDS

If you cannot attend your booking you must give a minimum of three hours notice. You will then be entitled to a full refund (refunds for online bookings can only be made by phone or in person). If you make a booking and do not attend, you will be charged the full activity fee (this includes Cyclone members).

## CUSTOMER INFORMATION

- Please arrive early to book in at reception so that classes can start on time. If you do not arrive for when the class starts, your place may be given to another customer if they are waiting.
- You may bring a clean towel and water bottle to the class. Please do not bring personal belongings or mobile phones.
- You must notify a member of staff if you suffer from any condition that may affect your ability to exercise.
- Appropriate footwear and clothing must be worn.
- All Cyclone sessions can be attended by 14+ year olds without supervision. 11 to 13 year olds can attend with a participating adult. Teen Cyclone sessions are exclusively for 11 to 16 years.

## Next time you book Cyclone, download and use our **app!**

With the One Leisure booking app you always have your One Leisure facility in your pocket. Book activities, get up-to-date information, timetables, news, offers, events and receive push notifications for important news.



**01480 388111**



**oneleisureuk**



**oneleisureuk**



**[www.oneleisure.net](http://www.oneleisure.net)**

One Leisure Sawtry  
Green End Road  
Sawtry  
Cambridgeshire  
PE28 5UY

**Oneleisure**  
SAWTRY

Managed by Huntingdonshire District Council