

# Cyclone Indoor Cycling



## MONDAY

|          |                |         |
|----------|----------------|---------|
| 9.20am   | Cyclone Set Up | 60 mins |
| 12.45pm  | Cyclone STUDIO | 40 mins |
| 2.00pm ● | Open Ride      | 60 mins |
| 3.00pm   | Open Ride      | 30 mins |
| 4.45pm   | Cyclone TOUR   | 60 mins |

## TUESDAY

|           |                  |         |
|-----------|------------------|---------|
| 10.30am   | Cyclone START UP | 60 mins |
| 12.45pm ● | Cyclone TOUR     | 40 mins |
| 2.00pm ●  | Open Ride        | 60 mins |
| 3.00pm    | Open Ride        | 30 mins |

## WEDNESDAY

|          |                |         |
|----------|----------------|---------|
| 7.00am   | Cyclone TOUR   | 40 mins |
| 7.45am   | Cyclone STUDIO | 40 mins |
| 1.00pm ● | Open Ride      | 60 mins |
| 2.00pm   | Open Ride      | 60 mins |
| 3.00pm   | Open Ride      | 30 mins |
| 4.45pm   | Cyclone TOUR   | 60 mins |

## THURSDAY

|           |                |          |
|-----------|----------------|----------|
| 7.00am    | Cyclone STUDIO | 40 mins  |
| 7.45am    | Cyclone DRILLS | 40 mins  |
| 8.30am    | Open Ride      | 90 mins  |
| 12.30pm ● | Cyclone TOUR   | 40 mins  |
| 1.30pm ●  | Open Ride      | 120 mins |
| 4.45pm    | Cyclone TOUR   | 60 mins  |

## FRIDAY

|        |                |         |
|--------|----------------|---------|
| 8.00am | Cyclone DRILLS | 40 mins |
| 2.30pm | Open Ride      | 60 mins |
| 4.45pm | Cyclone TOUR   | 60 mins |
| 6.00pm | Cyclone STUDIO | 40 mins |
| 8.00pm | Open Ride      | 60 mins |

! Please note that on Fridays during term time between the hours of 10.30am to 2.15pm, the Cyclone Studio is unavailable for public use.

## SATURDAY

|           |              |         |
|-----------|--------------|---------|
| 12.00pm ● | Open Ride    | 60 mins |
| 5.00pm    | TEEN Cyclone | 40 mins |
| 6.00pm    | Open Ride    | 60 mins |

## SUNDAY

|         |                |         |
|---------|----------------|---------|
| 12.00pm | Cyclone TOUR   | 40 mins |
| 12.45pm | Cyclone STUDIO | 40 mins |
| 5.00pm  | TEEN Cyclone   | 40 mins |
| 6.00pm  | Cyclone DRILLS | 40 mins |
| 7.00pm  | Open Ride      | 60 mins |

## 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>TEEN Cyclone</b>     | 40 minute sessions exclusively for 11 to 16 year olds. These fast classes will test your ability to match the 'Coach by Colour' whilst crossing stunning terrain on the virtual display.                                                                                                                                                                                                                                                                                   |
| <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 feel 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.             |
| <b>Cyclone Set Up</b>   | This session has been designed to introduce you to the bike before you attend a class. If you are brand new or simply want a refresher then this session is an ideal one to attend. You'll learn how to set your bike up correctly for ultimate comfort, perform a fitness test and experience a short Coach By Colour workout so that you can learn how the bike works. We recommend attending this session to give you the best experience possible in your first class. |



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www.oneleisure.net

One Leisure St Neots  
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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).

## CRECHE FACILITIES

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. The crèche is FREE for Platinum members and entitles children under 6 years up to 1½ hours of childcare per day. Alternatively a Crèche Pass is available for £25 which give you 20 x 30 minute sessions.

## 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.



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