<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>7.00am to 7.30am GymFit: Boxing Impressions</td>
<td>7.00am to 7.30am GymFit: HIIT Impressions</td>
<td>7.00am to 7.30am Cycle HIIT By Colour Impressions</td>
<td>7.00am to 7.30am GymFit: Boxing Impressions</td>
<td>7.00am to 7.30am GymFit: Core Impressions</td>
<td>8.30am to 9.20am Kettlebells Studio 1</td>
<td>9.00am to 9.50am Circuit Training Sports Hall</td>
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<tr>
<td>9.30am to 10.20am Cycle Freestyle Studio</td>
<td>9.30am to 10.20am Legs, Bums &amp; Tums Studio 1</td>
<td>9.30am to 10.20am Cyclone Studio</td>
<td>9.30am to 10.20am Cycle By Colour Studio</td>
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<tr>
<td>9.30am to 10.20am Kettlebells Studio 1</td>
<td>9.30am to 10.20am Cycle Freestyle Studio</td>
<td>9.30am to 11.30am Cyclone Start Up Studio 1</td>
<td>9.30am to 10.20am Studio Circuits Studio 1</td>
<td>9.30am to 10.20am Kettlebells Studio 1</td>
<td>10.30am to 11.20am Cycle By Colour Studio</td>
<td>10.30am to 11.20am Cycle By Colour Studio</td>
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<tr>
<td>10.30am to 11.20am GymFit: Move Impressions</td>
<td>10.30am to 11.20am Metafit Studio 1</td>
<td>10.30am to 12.20am Abs Blast Studio 1</td>
<td>11.30am to 12.20am Circuit Training Sports Hall</td>
<td>5.00pm to 5.50pm HIIT (High Intensity Interval Training) &amp; Abs Studio 1</td>
<td>10.30am to 11.20am Kettlebells Studio 1</td>
<td>10.30am to 11.20am Zumba Studio 1</td>
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<tr>
<td>2.30pm to 3.30pm Right Start 3 Studio 1</td>
<td>2.00pm to 2.50pm Keep Fit Studio 1</td>
<td>12.05pm to 1pm Swimfit Pool</td>
<td>12.55pm to 1.45pm Pilates Studio 1</td>
<td>5.30pm to 6.40pm Cycle By Colour Studio</td>
<td>1.45pm to 2.35pm Pilates Studio 1</td>
<td>9.00am to 9.50am Fatburner Studio 1</td>
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<td>12.55pm to 1.45pm Pilates Studio 1</td>
<td>6.00pm to 6.50pm Cycle By Colour Studio</td>
<td>5.30pm to 6.20pm Fitsteps Studio 2</td>
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<td>7.00pm to 7.50pm Cycle By Colour Studio</td>
<td>7.30pm to 8.20pm Cycle By Colour Studio</td>
<td>10.00am to 10.50am Body Combat Studio 1</td>
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<td>12.05pm to 1pm Swimfit Pool</td>
<td>12.55pm to 1.45pm Pilates Studio 1</td>
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<td>1.45pm to 2.35pm Pilates Studio 1</td>
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<td>12.55pm to 1.45pm Pilates Studio 1</td>
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<td>7.30pm to 8.20pm Body Attack Studio 1</td>
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One Leisure St Ives Indoor
Westwood Road
St Ives
Cambridgeshire
PE27 6WU

Managed by Huntingdonshire District Council

01480 388111
oneleisureuk
www.oneleisure.net

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CLASS DESCRIPTIONS

Choose from a wide range of aerobic, toning, relaxation and aqua classes available during the daytime, evenings and weekends. These range from low impact classes for those returning to exercise up to high energy classes for those wanting to push themselves.

Cycle By Colour
A specific Indoor Cycling class to music using the very popular Coach By Colour system that our fantastic bikes have. Once you have your own unique fitness level, you will be able to connect with your friends and your instructor as you all perform the same workout intensity as each other regardless of your fitness level.

Cycle Freestyle
A traditional Indoor Cycling class to music using the Quick Start option. This session is for you if you prefer to ride on the standard option that the bikes have. As the Freestyle name suggests, each instructor will teach with their own unique style to lead you through a great workout.

Cycle HIIT By Colour
A 30 minute Indoor Cycling class to music using the very popular Coach By Colour system that our fantastic bikes have. Using HIIT principles based on your own unique fitness level, you will be able to connect with your friends and your instructor to all perform the same workout intensity as each other regardless of your fitness level.

Cycle HIIT Freestyle
A 30 minute traditional Indoor Cycling class to music using the Quick Start option. This session is for you if you prefer to ride on the standard option that the bikes have. As the Freestyle name suggests, each instructor will teach with their own unique style to lead you through a great workout.

Cyclone Beginner Session
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 9 minute Coach By Colour workout so that you can learn how the bikes work. We recommend attending this session to give you the best experience possible in your first class.

Cyclone Start Up
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.

Abs Blast
A toning and strengthening class focusing on the upper legs, butt, back, abdominals and deep core muscles.

Aquatix
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.

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
A head to toe toning class combining aspects of cardio, resistance and core exercises to create a fat burning workout which burns plenty of calories! Utilising weights, resistance tubes and body weight you can expect a mix of lunges, squats, upper body exercises, and cardio movements to keep you fusing with energy and feeling great.

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.

Body Sculpt
Body Sculpt is a non-aerobic workout suitable for all fitness levels. It is an overall muscle toning class, usually focussed on core strength to help build cardiovascular endurance. Areas worked are bum, legs, arms and core, with challenging heart & lungs with calorie burning exercises.

B'Boxercise
A fun and energetic non-contact class with exercise routines that use boxing moves which are suitable for all levels of ability. Great if you want to shape up, burn calories and relieve stress.

Boxing Blast / Pad Boxing
Combining pad and bag work , this cardio and strength based boxing fusion is a fun, and stress busting way to start your day.

Boxing Pad Workout
This cardio and strength based boxing workout is great if you want to shape up and burn 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.

Core Blast
A 30 minute workout targeting the core muscles, including the abs and back and tops of legs.

Fatburner
Burn those calories in this high/low aerobic session suitable for all fitness abilities.

Fitness Pilates
Fitness Pilates is designed to identify basic postural imbalances and through Pilates based exercises increase muscular balance, strength and improve posture. The exercises are designed to work the muscles of the whole body and to gently lengthen too. The results are a well aligned body with less risk of injuries occurring. It’s a no impact class suitable for all ages, level and abilities. As well as a good way to relax, unwind and re-focus mind.

Fatsteps
An easy to learn and fun combination of the most popular Latin and ballroom dances. The dances are spiced up with proven fitness techniques to make every class a real workout. No dance experience or partners required.

HITT: High Intensity Interval Training
High-intensity interval training (HITT) is a specialised workout that involves short periods of maximum intensity, body-weight exercises separated by short rest periods. Designed for boosting overall cardiovascular fitness, endurance and fat loss.

Keep Fit
Designed for over 50’s 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.

Kettlebells
Kettlebell training is different than other forms of weight training because many parts of the body are exercised simultaneously, and in addition kettlebell training elevates the heart rate for effective cardiovascular training.

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.

Lift It
Combines cardiovascular fitness with muscle strength and endurance exercises by moving around different workout stations, based within the functional area of the gym. The early morning class is a shorter version, to get your workout in before you begin your day.

Metafit
A high intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories along after your training session is complete.

Move-It
Move, twist, flex and jump! Using the Octagon functional training frame in Impressions Fitness Suite and led by a fitness instructor, you will work around an eight station circuit to help improve cardiovascular fitness, muscular endurance, strength, agility and flexibility.

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

RightStart 3
Suitable for people progressing from Levels 1 and 2, or who can stand for short periods of time. The chair is used for support when standing.

RightStart 5
A fun, social class with light to moderate exercise around circuit stations to help improve flexibility, strength and stamina.

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

Stretch & Flex
A relaxing class for basic stretches, with the goal of increasing mobility and flexibility.

Swimfit
Swimfit is a coach led class that provides a mixture of different routines, strokes, speeds and lengths to encourage a more varied and challenging workout than traditional lane-swimming. With various accompanying training aids and challenges, there is something to suit all abilities and interests. As a minimum requirement, you must be able to swim at least 200metres.

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. 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

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<thead>
<tr>
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<th>PREMIER</th>
<th>ONE CARD</th>
<th>FULL PRICE</th>
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<tbody>
<tr>
<td>Fitness Class Pass (10 fitness classes)</td>
<td>n/a</td>
<td>£46.00</td>
<td>n/a</td>
</tr>
<tr>
<td>All Fitness Classes (except below)</td>
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<td>£6.50</td>
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<td>30 Minute Fitness Classes</td>
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<td>Right Start Classes</td>
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PLATINUM MEMBERS
Fitness classes at all of the One Leisure sites are included in the Platinum membership (*this excludes fitness class courses and special events). Platinum membership entitles you to use of Impressions Fitness Suites, fitness classes and swimming pool.

FITNESS CLASS PASS
Save money with a Fitness Class Pass and get 10 fitness classes for £46 (saving £6.00). If you do not have a Platinum membership this is a great alternative to easily book and check-in for classes. The pass lasts 12 months from the date of purchase.

HOW TO BOOK
With a One Card, you can book fitness classes 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; 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 Advantage members).

CLASS TYPES
There is a wide variety of classes available to choose from. The key below will help you choose the different types available and please refer to the class descriptions at the back of the brochure.

| Gold = Aerobic | Blue = Aqua | Purple = Circuit | Green = Ex-Bike | Pink = Relaxation | Red = Strength | ● = Creche available |

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 the instructor if you suffer from any condition that may affect your ability to exercise.
• Appropriate footwear and clothing must be worn.
• All adult fitness classes can be attended by 14+ year olds without supervision.

Next time you book a fitness class, 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.