

# Fitness Class Timetable



**SPRING PROGRAMME** - Monday 2nd January to Monday 17th April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am to 7.30am <b>Ex Train</b> Impressions	6.30am to 7.00am <b>Ex Train</b> Impressions	7.00am to 7.30am <b>Ex Train</b> Impressions	6.30am to 7.00am <b>Ex Train</b> Impressions	7.00am to 7.30am <b>Ex Train</b> Impressions	9.00am to 9.50am <b>Ex-Bike</b> Studio 2
9.30am to 10.20am ● <b>Body Conditioning</b> Studio 1	9.30am to 10.20am ● <b>Total Body Tone</b> Studio 1	9.30am to 10.20am ● <b>Strength</b> Studio 1	9.30am to 10.20am ● <b>Body Burner</b> Studio 1	9.20am to 10.10am ● <b>Pilates</b> Studio 1	9.20am to 10.10am <b>Body Combat</b> Studio 1
10.00am to 10.30am ● <b>Ex Train</b> Impressions	10.00am to 10.50am ● <b>Circuit Training</b> Sports Hall	10.30am to 11.20am ● <b>Ex-Bike</b> Studio 2	10.35am to 11.25am ● <b>Yoga</b> Studio 1	9.30am to 10.20am ● <b>Ex-Bike</b> Studio 2	10.20am to 11.50am <b>Fitness Pilates</b> Studio 2
10.30am to 11.20am ● <b>Kettlebells</b> Studio 1	10.30am to 11.20am ● <b>Aerobics</b> Studio 1	11.30am to 12.30pm ● <b>Fitness Pilates</b> Studio 1	1.30pm to 2.30pm <b>Right Start 5</b> Studio 1	10.30am to 11.20am ● <b>Kettlebells</b> Studio 1	
11.30am to 12.00pm ● <b>Abs Blast</b> Studio 1	11.35am to 12.25pm ● <b>Aquafit</b> Pool	6.00pm to 6.50pm <b>Ex-Bike</b> Studio 2	6.00pm 6.30pm <b>Ex Train</b> Impressions	11.30am to 12.20pm ● <b>Fitness Pilates</b> Studio 1	<b>SUNDAY</b>
12.40pm to 1.30pm <b>Ex-Bike</b> Studio 2	12.35pm to 1.25pm <b>Ex-Bike</b> Studio 2	7.00pm to 7.50pm <b>Body Pump</b> Studio 1	6.00pm to 6.50pm <b>Insanity</b> Sports Hall	2.30pm to 3.30pm <b>Right Start 5</b> Studio 1	10.30am to 11.20am <b>Insanity</b> Studio 1
6.00pm to 7.30pm <b>Super Spin</b> Studio 2	2.00pm to 3.00pm <b>Cyclone Start Up</b> Studio 2	7.05pm to 7.55pm <b>Aquafit</b> Pool	6.00pm to 6.50pm <b>Fitsteps</b> Studio 1	6.00pm to 6.50pm <b>Circuit Training</b> Sports Hall	
6.00pm to 6.50pm <b>Aerobics</b> Studio 1	6.00pm to 6.50pm <b>Total Body Tone</b> Studio 1	8.10pm to 9.00pm <b>Ex-Bike</b> Studio 2	6.00pm to 6.50pm <b>Ex-Bike</b> Studio 2		
6.00pm to 6.50pm <b>Glove Up!</b> Sports Hall	7.00pm to 7.50pm <b>Ex-Bike</b> Studio 2		7.00pm to 7.50pm <b>Body Pump</b> Studio 1		
7.00pm to 7.50pm <b>Body Maxx</b> Studio 1	7.00pm to 7.50pm <b>HIIT (High Intensity Interval Training)</b> Studio 1		7.00pm to 7.50pm <b>Aerobitone</b> Studio 2		
7.00pm to 7.50pm <b>Circuit Training</b> Sports Hall			8.05pm to 8.55pm <b>Body Combat</b> Studio 1		
8.00pm to 8.50pm <b>Stretch &amp; Tone</b> Studio 1					

**!** Please note we are open 8.00am to 3.00pm on Monday 2nd January, Friday 14th April, and Monday 17th April. Classes outside these times will not be running.

\* Please see overleaf for a key for the colour codes and different class types.



One Leisure Huntingdon, St Peters Road, Huntingdon, Cambridgeshire PE29 7DA

Tel: 01480 388111

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

[facebook.com/oneleisureuk](https://facebook.com/oneleisureuk)

[twitter.com/oneleisureuk](https://twitter.com/oneleisureuk)



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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.

## Abs Blast

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

## Aerobatone

A fun and energetic aerobic workout designed to burn calories, increase cardiovascular fitness and tone your stomach and legs.

## 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 Burner

A low impact class designed to help tone up your whole body in one go!

## 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 Maxx

An aerobic toning class using hand weights for an all over body workout.

## 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.

## Circuit Training

Combines cardiovascular fitness with muscle strength and endurance exercises by moving around different workout stations. Work to your own ability and fitness.

## Clubbercise

Dance your way to fitness at One Leisure, with energetic moves, all to the latest Club music!

## 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.

## Ex-Bike

A cardiovascular workout on an indoor bicycle to motivational music that tones and shapes the whole body.

## Ex-Train Class

A circuit class based on the Ex-Train functional training area in Impressions. Our fitness instructor will train a small group of six participants to increase aerobic capacity, strength and flexibility.

## Fitsteps

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.

## Fitness Pilates

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

## Glove Up!

A boxing fitness class which involves skipping, pad work, footwork, boxing technique and training.

## HIIT Pads & Core

Working in pairs high intensity interval training Tabata style! Ideal to increase strength, cardio endurance and abdominal function.

## Insanity

Insanity is an intense workout that combines the fundamentals of interval training with a focus on building strength, endurance, and balance. Work out intensely for 3 to 4 minutes, and then cool down before beginning the next high-intensity segment. You will then start to see noticeable results as you build core strength and increase your cardiovascular capacity through intense movement and resistance training.



## 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.

## Pilates

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

## Pump Endurance

A resistance-training workout that strengthens, tones and defines every muscle in your body using barbells and adjustable weights.

## RightStart 5: Fitness Class

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

## Strength

A class designed to utilise hand weights, kettle bells, barbells and your own body weight to improve strength and muscle tone.

## Super Spin

A cardiovascular workout on an indoor bicycle to motivational music that tones and shapes the whole body. An extended 90 minute class, for those of you who need that little bit extra!

## Total Body Tone

A full body workout focussing on toning up the whole body using a mix of weight training, body weight exercises and cardio.

## 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!



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# BOOKING INFORMATION

	PREMIER	ONE CARD	FULL PRICE
Fitness Class Pass (10 fitness classes)	n/a	£46.00	n/a
All Fitness Classes (except below)	FREE*	£5.20	£6.50
30 Minute Fitness Classes	FREE	£3.50	£4.50
Right Start Classes	FREE	£3.50	n/a

## PREMIER MEMBERS

Fitness classes at all of the One Leisure sites are included in the Premier membership (\*this excludes fitness class courses and special events). Premier 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 Premier 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](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 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   ● = Crèche 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 Premier 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.



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