

Fitness Class Timetable

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



MONDAY

9.20am to 10.10am ●
Boot Camp
Sports Hall

10.20am to 11.10am ●
Legs, Bums & Tums
Sports Hall

11.20am to 12.10pm ●
Fitness Pilates
Sports Hall

6.05pm to 6.55pm
Insanity
Sports Hall

6.30pm to 7.00pm
Ex-Bike Express
Aerobics Studio

7.05pm to 7.55pm
Legs, Bums & Tums
Sports Hall

TUESDAY

10.05am to 10.55am ●
Right Start 5
Aerobics Studio

11.05am to 11.55am ●
Aquafit
Pool

11.05am to 11.55am ●
(last session 21st Feb)
Kettlebells
Aerobics Studio

6.05pm to 6.55pm
Zumba
Sports Hall

6.05pm to 6.55pm
Ex-Bike
Aerobics Studio

7.05pm to 7.55pm
Pump Endurance
Sports Hall

WEDNESDAY

9.20am to 10.10am ●
Legs, Bums & Tums
Sports Hall

10.05am to 10.55am ●
AquaNatal
Pool

10.20am to 11.10am ●
Zumba
Sports Hall

12.05pm to 12.55pm
Aquafit
Pool

1.00pm to 2.00pm
Cyclone Start Up
Aerobics Studio

6.05pm to 6.55pm
Pilates
Sports Hall

6.05pm to 6.55pm
Ex-Bike
Aerobics Studio

THURSDAY

10.20am to 11.10am ●
Total Tone
Sports Hall

6.30pm to 7.00pm
Abs Blast
Sports Hall

7.05pm to 7.55pm
Boot Camp
Sports Hall

FRIDAY

9.20am to 10.10am ●
Ex-Bike
Aerobics Studio

10.20am to 11.10am ●
Pump Endurance
Sports Hall

6.05pm to 6.55pm
Circuit Training
Sports Hall

SATURDAY

8.05am to 8.55am
Boot Camp
Sports Hall

9.05am to 9.55am
Ex-Bike
Aerobics Studio

SUNDAY

9.05am to 9.55am
Ex-Bike
Aerobics Studio

10.05am to 10.55am
Legs, Bums & Tums
Sports Hall



Please note we are closed on **Monday 2nd January**, **Friday 14th April**, and **Monday 17th April**.
Classes on these days **will not** be running.

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.

Aquafit

A fun workout in the pool using the resistance of the water for all over toning.

Aquanatal

A relaxing and fun class for women during and after their pregnancy.

Boot Camp

ATTENTION! Our indoor boot camps are no-nonsense workouts that feature circuit stations, shuttle runs, burpees plus agility and fitness drills which are designed to push you to the limit.

Circuit Training

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

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 / Ex-Bike Express

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

Fitness Pilates

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

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.

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.

Pump Endurance

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.

Step

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

Total Tone

An all over full body workout aimed at toning and strengthening the whole body and your core.

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!



One Leisure Ramsey, Abbey Road, Ramsey, Cambridgeshire PE26 1DP

Tel: 01480 388111

www.oneleisure.net

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

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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; 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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