

Fitness Class Timetable

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



MONDAY

9.30am to 10.20am
Ex-Bike
Energy Zone

2.00pm to 3.00pm
Cyclone Start Up
Energy Zone

5.30pm to 6.20pm
Ex-Bike
Energy Zone

6.30pm to 7.20pm
Aquafit
Pool

6.30pm to 7.20pm
Legs, Bums & Tums
Energy Zone

7.30pm to 8.20pm
Circuit Training
Sports Hall

TUESDAY

9.30am to 10.20am ●
Weights to Music
Energy Zone

10.30am to 11.20am ●
Fitball
Energy Zone

6.00pm to 6.50pm
The Big 3
Energy Zone

7.00pm to 7.50pm
Pump fx
Energy Zone

8.00pm to 8.50pm
Ex-Bike
Energy Zone

WEDNESDAY

6.30am to 7.20am
Ex-Bike
Energy Zone

9.30am to 10.20am ●
Legs, Bums & Tums
Energy Zone

10.30am to 11.20am ●
Pilates
Energy Zone

1.30pm to 2.30pm
Right Start 5
Energy Zone

3.00pm to 4.00pm
Right Start 5
Energy Zone

5.45pm to 6.35pm
Ex-Bike
Energy Zone

6.45pm to 7.15pm
Abs Blast
Energy Zone

7.30pm to 8.20pm
Shape & Tone
Energy Zone

THURSDAY

7.10pm to 8.00pm
Circuit Training
Sports Hall

FRIDAY

9.00am to 9.50am ●
Weights to Music
Energy Zone

10.00am to 10.30am ●
Ex-Bike Express
Energy Zone

SATURDAY

9.00am to 9.50am
Ex-Bike
Energy Zone

10.00am to 10.30am
Abs Blast
Energy Zone

10.30am to 11.00am
Express Circuits
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.

Circuit Training / Express Circuits

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

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

Fitball

A great challenging class to tone and condition all major muscles of the torso. Improves balance and strengthens the core muscles, abs, hips and lower back.

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.

Pilates

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

Pump fx

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.

RightStart 5: Fitness Class

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

Shape & Tone

An energetic workout that includes both aerobic and step exercises in the same class. Designed to improve your overall fitness, tone your body and burn calories.

The Big 3

Three classes in one! Aerobics to increase your heart rate and general fitness, Body Conditioning to work a bit deeper with your legs and bums and Pilates to increase your core strength and tone your abs.

Weights to Music

Use barbells and weights with a structured exercise routine focussed on strengthening and toning your body.

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



One Leisure Sawtry, Green End Road, Sawtry, Cambridgeshire PE28 5UY

Tel: 01480 388111

www.oneleisure.net

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SAWTRY

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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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