



# Fitness Class Timetable

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

## MONDAY

- 7.00am to 7.30am  
**Boxing Blast**  
Impressions
- 9.30am to 10.20am ●  
**Ex-Bike**  
Ex-Bike Studio
- 9.30am to 10.20am ●  
**Kettlebells**  
Studio 1
- 10.30am to 11.20am ●  
**Move-It**  
Impressions
- 10.30am to 11.20am ●  
**HIIT (High Intensity Interval Training)**  
Studio 1
- 11.05am to 12.00pm ●  
**AquaFit**  
Pool
- 11.30am to 12.20pm ●  
**Fitness Pilates**  
Studio 1
- 2.30pm to 3.30pm  
**Right Start 3**  
Studio 1
- 5.30pm to 6.20pm  
**Pilates**  
Studio 1
- 6.00pm to 6.50pm  
**Move-It**  
Impressions
- 6.30pm to 7.20pm  
**Body Combat**  
Studio 1
- 6.30pm to 7.20pm)  
**Ex-Bike**  
Ex-Bike Studio
- 7.30pm to 8.20pm  
**Body Attack**  
Studio 1
- 7.30pm to 8.20pm  
**Ex-Bike**  
Ex-Bike Studio
- 8.30pm to 9.20pm  
**Yoga**  
Studio 1

## TUESDAY

- 7.00am to 7.30am  
**HIIT (High Intensity Interval Training)**  
Impressions
- 9.30am to 10.20am ●  
**Legs, Bums & Tums**  
Studio 1
- 9.30am to 10.20am ●  
**Ex-Bike**  
Ex-Bike Studio
- 10.30am to 11.20am ●  
**Body Conditioning**  
Studio 1
- 11.30am to 12.20pm ●  
**Pilates**  
Studio 1
- 2.00pm to 2.50pm  
**Keep Fit**  
Studio 1
- 5.00pm to 5.50pm  
**Circuit Training**  
Sports Hall
- 5.30pm to 6.20pm  
**Ex-Bike**  
Ex-Bike Studio
- 6.00pm to 6.50pm  
**Boxercise**  
Studio 1
- 6.00pm to 6.50pm  
**Circuit Training**  
Sports Hall
- 6.30pm to 7.20pm  
**Ex-Bike**  
Ex-Bike Studio
- 7.05pm to 7.55pm  
**Kettlebells**  
Studio 1
- 7.15pm to 8.05pm  
**AquaFit**  
Pool
- 8.00pm to 8.50pm  
**Zumba**  
Studio 1

## WEDNESDAY

- 7.00am to 7.30am  
**HIIT (High Intensity Interval Training)**  
Impressions
- 9.30am to 10.20am ●  
**Fatburner**  
Studio 1
- 9.30am to 10.20am ●  
**Ex-Bike**  
Ex-Bike Studio
- 10.30am to 11.30am ●  
**Cyclone Start Up**  
Ex-Bike Studio
- 10.30am to 11.20am ●  
**Body Sculpt**  
Studio 1
- 10.30am to 11.20am ●  
**Move-It**  
Impressions
- 12.05pm to 12.55pm  
(not running 25th Jan to 29th March)  
**Swimfit**  
Pool
- 2.00pm to 3.00pm  
**Right Start 5**  
Studio 1
- 5.30pm to 6.20pm  
**Body Combat**  
Studio 1
- 6.00pm to 6.50pm  
**Move-It**  
Impressions
- 5.50pm to 6.40pm  
**Ex-Bike**  
Ex-Bike Studio
- 6.30pm to 7.20pm  
**Body Pump**  
Studio 1
- 7.00pm to 7.50pm  
**Ex-Bike**  
Ex-Bike Studio
- 7.40pm to 8.30pm  
**Kettlebells**  
Studio 1
- 8.40pm to 9.30pm  
**Pilates**  
Studio 1

## THURSDAY

- 7.00am to 7.30am  
**Lift It**  
Impressions
- 9.30am to 10.20am ●  
**Body Blast**  
Studio 1
- 9.30am to 10.20am ●  
**Ex-Bike**  
Ex-Bike Studio
- 10.30am to 11.00am ●  
**Abs Blast**  
Studio 1
- 5.00pm to 5.50pm  
**Circuit Training**  
Sports Hall
- 5.50pm to 6.40pm  
**Ex-Bike**  
Ex-Bike Studio
- 6.00pm to 6.50pm  
**Circuit Training**  
Sports Hall
- 6.00pm to 6.50pm  
**HIIT (High Intensity Interval Training) & Abs**  
Studio 1
- 7.10pm to 8.00pm  
**Ex-Bike**  
Ex-Bike Studio
- 7.15pm to 8.05pm  
**Body Conditioning**  
Studio 1
- 8.15pm to 9.15pm  
**Pilates**  
Studio 1

## FRIDAY

- 7.00am to 7.30am  
**Core Blast**  
Impressions
- 9.30am to 10.20am ●  
**Kettlebells**  
Studio 1
- 9.30am to 10.20am ●  
**Ex-Bike**  
Ex-Bike Studio
- 10.30am to 11.20am ●  
**Move-It**  
Impressions
- 10.30am to 11.20am ●  
**Fatburner**  
Studio 1
- 11.30am to 12.20pm ●  
**Pilates**  
Studio 1
- 5.30pm to 6.20pm  
**Fitsteps**  
Studio 2
- 5.50pm to 6.40pm  
**Ex-Bike**  
Ex-Bike Studio
- 6.00pm to 6.50pm  
**Body Attack**  
Studio 1
- 7.00pm to 7.50pm  
**Body Pump**  
Studio 1

## SATURDAY

- 8.30am to 9.20am  
**Kettlebells**  
Studio 1
- 9.30am to 10.20am  
**Ex-Bike**  
Ex-Bike Studio
- 9.30am to 10.20am  
**Legs, Tums & Bums**  
Studio 1
- 10.30am to 11.20am  
**Ex-Bike**  
Ex-Bike Studio
- 10.30am to 11.20am  
**Zumba**  
Studio 1

## SUNDAY

- 9.00am to 9.50am  
**Circuit Training**  
Sports Hall
- 9.00am to 9.50am  
**Fatburner**  
Studio 1
- 10.00am to 10.50am  
**Ex-Bike**  
Ex-Bike Studio
- 10.00am to 10.50am  
**Body Combat**  
Studio 1
- 11.00am to 11.50am  
**Body Pump**  
Studio 1
- 12.00pm to 12.55pm  
**Swimfit**  
Pool

 Please note we are open 7.00am to 3.00pm on Monday 2nd January, and between 7.00am to 6.00pm on 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 St Ives Indoor, Westwood Road, St Ives, Cambridgeshire PE27 6WU

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.



## Aquafit

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 Blast

An aerobic class with a circuit element. Go from exercise routines to six different toning stations. A great way to customise your own workout whilst having the motivation on a group training session.

## 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 all with great music to leave you fizzing 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, while challenging heart & lungs with calorie burning exercises.

## 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

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.

## 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.

## 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.

## 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.

## HIIT: High Intensity Interval Training

High-intensity interval training (HIIT) 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.

## 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.

## 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!



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**Oneleisure**  
ST IVES INDOOR

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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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