



# Fitness Class Timetable

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

## MONDAY

9.20am to 10.10am ●  
**Kettlebells**  
Studio 1

10.20am to 11.10am ●  
**Flow Fit**  
Studio 1

6.00pm to 6.50pm  
**Ex-Bike**  
Studio 2

6.00pm to 6.50pm  
**Boot Camp**  
Studio 1

6.20pm to 6.50pm  
**X-Cube Extreme**  
Impressions

7.00pm to 7.50pm  
**Ex-Bike**  
Studio 2

7.05pm to 7.55pm  
**Circuit Training**  
Sports Hall

7.15pm to 8.05pm  
**Broga**  
Studio 1

8.00pm to 8.50pm **NEW!**  
**Ex-Bike**  
Studio 2

8.15pm to 9.05pm  
**Swimfit**  
Pool

8.20pm to 9.10pm  
(last class is 3rd Apr)  
**Pilates**  
Studio 1

## TUESDAY

7.15am to 8.05am  
**Ex-Bike**  
Studio 2

9.15am to 10.10am ●  
**Insanity**  
Sports Hall

9.20am to 10.10am ●  
**Step**  
Studio 1

9.20am to 10.10am ●  
**Ex-Bike**  
Studio 2

10.20am to 11.10am ●  
**Power Tone**  
Studio 1

10.30am to 11.30am ●  
**Cyclone Start Up**  
Studio 2

11.20am to 12.10pm  
**Pilates**  
Studio 1

12.20pm to 1.10pm  
**Zumba Gold**  
Studio 2

2.00pm to 3.00pm  
**RightStart 3**  
Studio 2

3.30pm to 4.30pm  
**RightStart 5**  
Studio 1

5.30pm to 6.20pm  
**Power Tone**  
Studio 1

5.45pm to 6.35pm  
**Ex-Bike**  
Studio 2

6.30pm to 7.20pm  
**Legs, Bums & Tums**  
Studio 1

6.45pm to 7.35pm  
**Ex-Bike**  
Studio 2

7.30pm to 8.20pm  
**Pilates**  
Studio 1

## WEDNESDAY

9.30am to 10.00am ●  
**X-Cube Extreme**  
Impressions

9.30am to 10.20am ●  
**Ex-Bike**  
Studio 2

9.30am to 10.20am ●  
**Body Blast**  
Studio 1

10.30am to 11.20am ●  
**Pilates**  
Studio 1

5.45pm to 6.35pm  
**Ex-Bike**  
Studio 2

6.00pm to 6.50pm  
**Kettle Cardio**  
Studio 1

6.00pm to 6.50pm  
(last class is 29th Mar)  
**Zumba**  
Sports Hall

7.00pm to 7.50pm **NEW!**  
**Ex-Bike**  
Studio 2

7.00pm to 7.50pm  
**Body Combat**  
Studio 1

7.05pm to 7.55pm  
**Circuit Training**  
Sports Hall

8.00pm to 8.50pm  
**Insanity**  
Studio 1

## THURSDAY

9.20am to 10.10am ●  
**Body Combat**  
Sports Hall

9.20am to 10.10am ●  
**Step**  
Studio 1

9.30am to 10.00am ●  
**X-Cube HIIT Class**  
Impressions

10.10am to 11.00am ●  
**Ex-Bike**  
Studio 2

10.20am to 11.10am ●  
**Power Tone**  
Studio 1

11.20am to 12.10pm  
**Pilates**  
Studio 1

5.30pm to 6.20pm  
**Power Tone**  
Studio 1

6.30pm to 7.20pm  
**Ex-Bike**  
Studio 2

6.30pm to 7.15pm **NEW!**  
**Clubbercise**  
Studio 1

7.20pm to 8.05pm **NEW!**  
**Clubbercise**  
Studio 1

7.00pm to 7.30pm  
**X-Cube Extreme**  
Impressions

8.10pm to 9.40pm  
(12th Jan to 23rd Mar (10 weeks),  
excluding 16th Feb  
£75.00 for the course)  
**Yoga**  
Studio 1

## FRIDAY

9.15am to 10.00am  
**Abs Blast**  
Sports Hall

9.25am to 10.15am ●  
**Ex-Bike**  
Studio 2

10.00am to 10.50am ●  
**Body Sculpt**  
Sports Hall

10.05am to 12.05pm ●  
(13th Jan to 24th Mar (10 weeks),  
excluding 17th Feb  
£100.00 for the course)  
**Yoga**  
Studio 1

6.05pm to 6.55pm  
**Circuit Training**  
Sports Hall

7.05pm to 7.55pm  
**Ex-Bike**  
Studio 2

## SATURDAY

8.30am to 9.20am  
**HIIT: High Intensity Interval Training**  
Studio 1

8.30am to 9.20am  
**Ex-Bike**  
Studio 2

9.30am to 10.20am ●  
**Body Conditioning**  
Studio 1

9.40am to 10.30am ●  
**Flow Fit**  
Studio 2

## SUNDAY

8.30am to 9.20am  
**Ex-Bike**  
Studio 2

9.30am to 10.00am  
**Abs Blast**  
Studio 1

10.10am to 11.00am  
**Shape & Tone**  
Studio 1



**!** Please note we are open 8.00am to 3.00pm on Monday 2nd January, and 8.00am to 5.00pm 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 Neots, Barford Road, St Neots, Cambridgeshire PE19 2SA

Tel: 01480 388111

www.oneleisure.net

facebook.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 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 aerobic fat burning whilst using your own body, weights and resistance.

## Body Sculpt

Specific exercises that targets those stubborn areas such as your thighs, bum and tum. An ideal class if you have lost weight and looking to tone up.

## 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.

## Combat / Broga

Broga is strong energetic and challenging. Broga combines the best core strengthening, muscle toning, flexibility enhancing Yoga postures with functional fitness exercises for an amazing workout.

## 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.

## Flow Fit

Flow Fit is a programme of fitness that incorporates deep stretch, Yoga postures and Pilates exercises. All elements of the class are validated from a fitness perspective and you can expect to improve flexibility in eight weeks. You will be able to stabilize muscles and learn how to use them efficiently and effectively to gain strength, balance, control as well as flexibility. This class will enable you to connect mind and body to gain physical fitness and a sense of well-being. This is not a spiritual experience. This class is not appropriate for pregnant women and anyone who has an existing/diagnosed back or joint condition.

## Functional Fitness

Designed to use body weight and weights for strength and fat-burning and interval training to boost your cardiovascular performance! This class will improve your everyday strength and fitness and boost your overall fitness! For all levels of ability.

## 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.

## 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.

## Keep Fit

Aerobics to increase your heart rate and general fitness, and strengthen and tone your body.

## 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.

## Kettle Cardio

Similar to normal Kettlebell training, with Kettle Cardio many parts of the body are exercised simultaneously, and in addition kettlebell training elevates the heart rate for effective cardiovascular training. Cardio training techniques are implemented into the training programme.

## Kettle Core

Kettle Core exercises your body core, and elevates the heart rate for effective cardiovascular training.

## Kettle Power

Kettle Power exercises your whole body using different lifting techniques, and elevates the heart rate for effective cardiovascular training.

## Kettle Pump

Like Kettlebells, Kettle Pump exercises many parts of your body simultaneously, and 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.

## Pilates

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

## Power Tone

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.

## 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 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.

## Shape & Tone

A workout that combines movements with weights to tone and improve strength.

## 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.

## Total Body Blitz

A whole body workout aimed at improving fitness and muscle tone.

## X-Cube Extreme

A circuit class based on the X-Cube functional training area in Impressions. These 30 minute high intensity sessions will improve fitness, endurance, strength, agility and flexibility.

## 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!

## Zumba Gold

Zumba Gold is based on the original concept of Zumba with a Latin dance inspired workout and party atmosphere. Exercises are low impact and slower making it ideal for beginners, those returning to exercise or seniors.



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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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