

One Leisure Active Lifestyles Newsletter

December 2025

Tai Chi and Qigong

We have new exciting Tai Chi and Qigong sessions being introduced to all One Leisure sites starting in January 2026. Chair-based exercise form that uses slow, flowing movements, controlled breathing and focused awareness to strengthen the body, calm the mind and improve the flow of energy.

- **One Leisure St Neots:** Weekly starting Monday 5th Jan 15:00 - 16:00
- **One Leisure St Ives:** Weekly starting Tuesday 6th Jan 15:00 - 16:00
- **One Leisure Ramsey:** Weekly starting Wednesday 7th Jan 16:00 - 17:00
- **One Leisure Huntingdon:** Weekly starting Friday 9th Jan 13:00 - 14:00



Classes cost £4.70 per person or £42 for a 10 class pass.

For more info visit www.huntingdonshire.gov.uk/activelifestyles

RightStart Cycle

Our RightStart Cycle class is now being offered at two further One Leisure locations in addition to the existing One Leisure St Ives. RightStart Cycle is an indoor cycling class for those that are new to exercise, have a medical condition or require extra support to exercise.

- **One Leisure St Ives:** Wednesdays 9:30 - 10:25
- **One Leisure Huntingdon:** Mondays starting 5th January 9:30 - 10:25
- **One Leisure St Neots:** Thursdays starting 8th January 9:30 - 10:25



Classes cost £4.70 per person or £42 for a 10 class pass.

For more info visit www.huntingdonshire.gov.uk/activelifestyles

Young People Sessions

Partnering with St Neots Town Council, we are offering two new free weekly sessions for young people in St Neots.

Youth Cafe: A hub for young people to socialise, keep active and enjoy pizza!

- **Loves Farm House, St Neots:** Wednesdays 15:30 - 16:30



Multi-Sports: A great way to be active and socialise in a fun, engaging environment.

- **Market Square, St. Neots:** Wednesdays 16:30 - 17:30

Teen Sports in partnership with the Police and Crime Commissioner.

These sessions aim to further inspire teenagers to socialise and keep active by trying out new sports. These are **free** sessions that are delivered by qualified sports coaches.

- **One Leisure St Ives Outdoor:** Mondays 15:30 - 17:00
- **One Leisure Huntingdon:** Fridays 15:00 - 16:30

For more info, please visit: www.huntingdonshire.gov.uk/teensports



ESCAPE Pain

We have a brand new ESCAPE Pain course starting in January! The programme includes structured exercise and education about pain management strategies for those suffering with hip and knee arthritis.

- **One Leisure St. Neots:** Tuesdays and Thursdays 15:00 - 16:00
◦ (Starting 13th January 2026)


£40 for the course. Apply by completing the application form -

www.huntingdonshire.gov.uk/escapepain



Active For Health & Staying Active


We have new dates for upcoming **Active for Health** and **Staying Active** courses:

Active For Health: A tier 2 adult weight management activity. It is a 12-week programme for inactive adults aged 18+. A chance for participants to become more active. 

- **One Leisure St Ives:** Starting Monday 5th January 2026 17:00 - 17:55
- **One Leisure Huntingdon:** Starting Wednesday 7th January 2026 17:00 - 17:55
- **One Leisure St Neots:** Starting Thursday 8th January 2026 17:00 - 17:55

Due to the end of previous funding received, 'Active for Health' will be £60 per person from January 2026. For more information, head to our website -

www.huntingdonshire.gov.uk/activeforhealth

Staying Active: A 9-week programme aimed at helping individuals aged 55+ become more active and prevent frailty. 

- **Brampton Memorial Centre:** Starting Monday 5th of January 2026 14:00 - 14:55
- **One Leisure St Neots:** Starting Tuesday 6th January 2026 14:00 - 14:55
- **One Leisure Huntingdon:** Starting Tuesday 6th January 2026 16:00 - 16:55

*Staying Active will remain free for participants for these cohorts thanks to funding from the Integrated Care System - www.huntingdonshire.gov.uk/stayingactive

Active Men's Hub

Our weekly Active Men's Hub is a welcoming space for men to socialise, boost mental well-being, improve fitness and have fun!

With instructor-led sports sessions and fitness classes, plus free teas and coffees between activities, it's a great way to keep moving and connect with others in a judgement-free environment.

- **One Leisure St Ives Outdoor:** Fridays 10:00 - 12:25

For more info, please visit: www.huntingdonshire.gov.uk/menshub

