

ONE LEISURE ACTIVE LIFESTYLES TIMETABLE

Older Adults

RightStart 1 - Seated Exercise A chair-based exercise class for strength, mobility and coordination work.

	Day	Time	Location
£	Monday	10:30am - 11:30am	Royal British Legion, Somersham
£	Tuesday	1:00pm - 2:00pm	De Ramsey Court, Warboys
£	Wednesday	10:30am - 11:30am	Buckden Village Hall
£	Thursday	2:00pm - 3:00pm	One Leisure St. Neots

RightStart 3 Strength, balance and coordination exercises to target and improve mobility, agility and flexibility.

	Day	Time	Location
£	Monday	10:00am - 11:00am	Catworth Village Hall
£	Monday	10:00am - 11:00am	Fenstanton Village Hall
£	Monday	10:30am - 11:30am	Judith's Field, Godmanchester
£	Monday	2:00pm - 3:00pm	Hail Weston Village Hall
£	Monday	2:00pm - 3:00pm	One Leisure St. Ives
£	Tuesday	10:45am - 11:45am	Hemingford Abbots Village Hall
£	Tuesday	1:45pm - 2:45pm	Needingworth Village Hall
FREE	Tuesday	2:15pm - 3:15pm	CARESCO Centre, Sawtry
£	Wednesday	9:30am - 10:30am	Trinity Church, Huntingdon
£	Wednesday	1:30pm - 2:30pm	One Leisure St. Neots
£	Wednesday	2:00pm - 3:00pm	St Mary's Chapel, Houghton
£	Thursday	10:30am - 11:30am	One Leisure Ramsey
£	Thursday	11:00am - 12:00pm	Buckden Village Hall
£	Thursday	2:00pm - 3:00pm	Brampton Memorial Centre
£	Friday	9:00am - 10:00am	Alconbury Weald Pavilion
£	Friday	2:00pm - 3:00pm	Hemingford Grey Pavilion

RightStart 4 A progressive falls-prevention class that includes strength, balance and postural stability work.

	Day	Time	Location
£	Tuesday	1:00pm - 2:00pm	One Leisure Huntingdon
£	Wednesday	2:45pm - 4:15pm	Amenity Centre, Yaxley
£	Thursday	12:15pm - 1:15pm	One Leisure St. Ives
£	Friday	2:00pm - 3:00pm	One Leisure St. Neots

RightStart 5 A social class with exercise based around circuit stations to improve strength & stamina.

	Day	Time	Location
£	Monday	10:00am - 11:00am	Parish Centre, Warboys
£	Tuesday	10:15am - 11:15am	One Leisure Ramsey
£	Wednesday	2:00pm - 3:00pm	One Leisure St. Ives
£	Thursday	2:00pm - 2:55pm	One Leisure Huntingdon
£	Thursday	3:00pm - 3:55pm	One Leisure Huntingdon

RightStart Cycle Indoor cycling class for those that are new to exercise, or require extra support to exercise.

	Day	Time	Location
£	Wednesday	9:30am - 10:25am	One Leisure St. Ives

RightStart Aqua Improve strength, endurance and flexibility - all without putting excess pressure through joints.

	Day	Time	Location
£	Monday	10:30am - 11:30am	One Leisure Ramsey
£	Tuesday	9:00am - 10:00am	One Leisure St. Neots
£	Wednesday	11:35am - 12:25pm	One Leisure Huntingdon
£	Wednesday	12:15pm - 1:00pm	One Leisure St. Ives
£	Thursday	9:00am - 10:00am	One Leisure St. Neots
£	Thursday	2:45pm - 3:45pm	One Leisure Huntingdon
£	Friday	11:00am - 12:00pm	One Leisure Sawtry
£	Friday	2:35pm - 3:25pm	One Leisure Huntingdon

RightStart Tai Chi Qigong chair-based form that uses slow, flowing movements to strengthen the body and mind.

	Day	Time	Location
£	Monday	3:00pm - 3:55pm	One Leisure St Neots
£	Tuesday	2:00pm - 2:55pm	One Leisure St Huntingdon
£	Tuesday	3:00pm - 3:55pm	One Leisure St. Ives
£	Wednesday	4:00pm - 4:55pm	One Leisure Ramsey
£	Thursday	9:00am - 9:55am	One Leisure St Ives
£	Friday	1:00pm - 1:55pm	One Leisure Huntingdon

Over 60's Club a combination of free play, fun and competitive games whilst socialising. Free cup of tea/coffee.

	Day	Time	Location
£	Tuesday	10:00am - 11:00am	One Leisure St. Ives
£	Tuesday	10:30am - 11:30am	Brampton Memorial Hall
FREE	Tuesday	2:00pm - 3:00pm	Coneygear Centre, Huntingdon
£	Wednesday	10:00am - 10:55am	One Leisure Huntingdon
£	Wednesday	4:00pm - 4:55pm	One Leisure St. Ives
£	Thursday	10:00am - 10:55am	One Leisure St. Neots
£	Thursday	1:00pm - 1:55pm	One Leisure Huntingdon
£	Thursday	1:30pm - 2:30pm	Royal British Legion, Somersham
£	Friday	10:00am - 11:00am	Buckden Village Hall
£	Friday	1:00pm - 1:55pm	One Leisure Huntingdon

Golden Games Combining traditional games with physical activity. Simple and fun group or individual activities.

	Day	Time	Location
FREE	Tuesday (bi-weekly)	11:00am - 11:45am	CARESCO Centre, Sawtry
FREE	Thursday (monthly)	11:00am - 11:45am	CARESCO Centre, Sawtry

Right Now - Adults

Yoga, Stretch & Relax Focusing on teaching the physical postures of yoga with an emphasis on the breath.

	Day	Time	Location
£	Monday	11:30am - 12:30pm	One Leisure St. Neots
£	Tuesday	11:30am - 12:30pm	One Leisure St. Ives
£	Wednesday	2:00pm - 3:00pm	One Leisure Huntingdon

Chair Based Yoga Yoga class taking place with use of a chair. Seated options available throughout

	Day	Time	Location
£	Wednesday	12:45pm - 1:45pm	One Leisure Huntingdon
£	Thursday	11:00am - 12:00pm	One Leisure St. Ives

Fitness for All An all-inclusive low impact fitness class.

	Day	Time	Location
£	Thursday	9:15am - 10:15am	One Leisure Ramsey

Lift & Move A functional fitness class held on the gym floor.

	Day	Time	Location
£	Tuesday	6:00pm - 6:50pm	One Leisure St Ives Outdoor

Specialist Health Condition Group Exercise

Cardiac Rehab Designed for people who have had a heart attack or heart surgery and want to improve fitness.

	Day	Time	Location
£	Monday	2:00pm - 3:00pm	One Leisure St. Neots
£	Monday	3:45pm - 4:45pm	One Leisure Huntingdon
£	Tuesday	4:30pm - 5:30pm	One Leisure St. Ives

Get Active (Cancer) Developed with Hunts Community Cancer Network, for those living with and beyond cancer.

	Day	Time	Location
FREE	Monday (1st, 3rd & 4th)	12:00pm - 1:00pm	Old School Hall, Sawtry
FREE	Monday	12:00pm - 1:00pm	One Leisure Ramsey
£	Monday	12:45pm - 1:45pm	One Leisure St. Ives
FREE	Monday (3rd & 4th)	1:00pm - 2:00pm	Old School Hall, Sawtry
FREE	Tuesday	10:00am - 11:00am	One Leisure Huntingdon
FREE	Wednesday	12:15pm - 1:15pm	One Leisure St. Neots
FREE	Wednesday	3:00pm - 4:00pm	One Leisure Ramsey
FREE	Thursday	12:30pm - 1:30pm	One Leisure Huntingdon
FREE	Thursday (3rd)	3:00pm - 3:55pm	Eatons Community Centre
FREE	Thursday (3rd)	4:00pm - 4:55pm	Eatons Community Centre

Pulmonary Rehab For people living with pulmonary conditions. Enjoyable and sociable, with a full workout.

	Day	Time	Location
£	Monday	1:45pm - 2:45pm	One Leisure Huntingdon

Walking Sports

Walking Netball A modified version of the game suitable for adults aged 35+, regardless of ability or fitness.

	Day	Time	Location
£	Monday	10:00am - 11:00am	Brampton Memorial Centre
£	Monday	5:00pm - 6:00pm	One Leisure St. Ives Outdoor
£	Wednesday	10:30am - 11:30am	Yaxley Amenity Centre
£	Thursday	12:00pm - 1:00pm	One Leisure Ramsey
£	Friday	10:00am - 11:00am	One Leisure Huntingdon

Walking Football A modified version of the game suitable for adults aged 35+, regardless of ability or fitness.

	Day	Time	Location
£	Tuesday	10:00am - 11:00am	One Leisure St. Ives Outdoor
£	Wednesday	5:00pm - 6:00pm	One Leisure Huntingdon
£	Friday	12:00pm - 1:00pm	One Leisure Huntingdon

Active Men's Hub

Active Men's Hub A welcoming space where men can stay healthy and socialise through sport and fitness sessions.

	Day	Time	Location
FREE	Friday	10:00am - 12:30pm	One Leisure St. Ives Outdoor

Disability Sport

PEDALS A cycling scheme for those requiring additional support to exercise and their families using adapted bikes.

	Day	Time	Location
£	Wednesday	10:00am - 3:30pm	Hinchingbrooke Country Park

PEDALS is currently suspended due to redevelopments at Hinchingbrooke Country Park.

Active & Able Disability multi-sport sessions. Play and progress in sport and activity, regardless of ability.

	Day	Time	Location
£	Monday	11:00am - 12:00pm	One Leisure St. Neots
£	Thursday	11:00am - 12:00pm	One Leisure Huntingdon

Special Choices A private sports session for an adults with learning disabilities group.

	Day	Time	Location
£	Wednesday	11:00am - 12:00pm	Hartford Village Hall

Home Education

Home Education Sport session for children who are home educated.

	Day	Time	Location
FREE	Monday	1:00pm - 1:55pm	One Leisure Huntingdon
FREE	Monday (bi-weekly)	2:00pm - 2:45pm	One Leisure Huntingdon
FREE	Monday	3:00pm - 3:55pm	One Leisure Huntingdon (Over 10's)
£	Tuesday	11:30am - 12:30pm	One Leisure Ramsey
£	Thursday	3:00pm - 4:00pm	One Leisure St. Ives

Under 5's

Mini Movers Play session allowing children to explore and have fun with different equipment.

	Day	Time	Location
£	Monday	9:15am - 10:15am	One Leisure St. Neots
£	Thursday	9:15am - 10:15am	One Leisure Huntingdon

Young People

Multi-Sports Try a variety of sports such as football, dodgeball, cricket & basketball in a friendly environment.

	Day	Time	Location
FREE	Monday	3:30pm - 5:00pm	One Leisure St Ives Outdoor
FREE	Tuesday	5:00pm - 6:00pm	Yaxley Recreation Ground
FREE	Friday	3:00pm - 4:30pm	One Leisure Huntingdon

Youth Cafe Have fun in a social environment by taking part in some sport and physical activity.

	Day	Time	Location
FREE	Wednesday	4:00pm - 5:00pm	Loves Farm House