

# One Leisure Active Lifestyles Newsletter

## June 2026

### Active For Health Xtra & Staying Active

#### **Active For Health Xtra:**

We have a new **FREE** Active for Health Xtra course commencing in July. This is a **12-week programme** for inactive adults aged 50+. The course will help you to improve your fitness, socialise, learn new skills and ultimately improve your overall well-being. If you meet course eligibility, you will receive a **free 90-day One Leisure membership** to complement the weekly course sessions.



#### Upcoming course:

- **Active For Health Xtra - One Leisure Huntingdon** Wednesdays 15:00 - 16:00 (starting 8<sup>th</sup> July 2026)

For more information, head to our website - [www.huntingdonshire.gov.uk/activeforhealth](http://www.huntingdonshire.gov.uk/activeforhealth)

#### **Staying Active:**

This is a **FREE 9-week activity programme** aimed at adults 55+ who meet certain eligibility criteria, to help individuals maintain strength and balance whilst becoming more active. The programme will include a range of activities to help you improve your mobility, socialise and ultimately improve your overall well-being.

#### Upcoming course:

- **Staying Active - The Coneygear Centre, Huntingdon** Thursdays 09:15 - 10:15 (starting 9<sup>th</sup> July 2026)

For more information, head to our website - [www.huntingdonshire.gov.uk/stayingactive](http://www.huntingdonshire.gov.uk/stayingactive)

*\*Courses can be joined up to three weeks after the starting date.*

### Strong For Life

Strong For Life is a strength focused exercise class designed to support long-term health and mobility. Through safe and guided resistance training, it'll help to build muscle, improve joint stability and protect bone density making it especially beneficial for preventing and managing conditions like arthritis and osteoporosis. Suitable for all fitness levels this class will empower you to stay strong, active and independent for years to come.

- **One Leisure St Ives:** Thursdays 17:00 - 17:55

**£5.40** pay as you go or part of your **One Leisure Platinum** membership.

### Active Lifestyles Off-Peak Membership

Our Active Lifestyles Off-Peak membership is available to those who are regular customers of Active Lifestyles sessions, returning to fitness or just love a quieter gym environment; this membership gives you the flexibility and value you've been asking for.

Usage Times:

**Monday - Friday:** Before 4:30pm

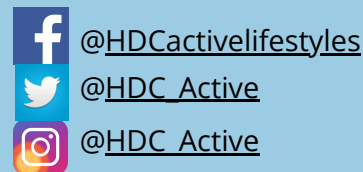
**Saturday - Sunday:** All weekend

Off-Peak membership costs £280 annually

For more information, speak to a member of the Active Lifestyles team or email

[activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk)

Don't forget to follow us on social media!



## Exercise Referral Scheme

The Exercise Referral Scheme helps residents of Huntingdonshire become more active and to manage their health condition through supported self-care.

Patients are referred by a registered health professional and will benefit from a personalised 12-week exercise programme with supportive check-in reviews from their qualified Physical Activity & Exercise Specialist. The scheme grants access to the gym and swimming pool with optional access to group exercise classes.



## Self-Referral Scheme

Self-Referral is a new entry point into the Exercise Referral Scheme. Individuals aged 18+ with low-risk health conditions can apply to undertake the 12-week exercise scheme without a referral from a health professional. Acceptance onto the scheme is subject to meeting entry criteria.

## After Care

The After Care Scheme is for any current member who has completed the Exercise Referral Scheme and would like to seek extra support from one of our team. Bookings include a 30 minute appointment with a member of the team to review gym programmes and make any changes. You can also use this time to have a new programme created for you or to be shown new exercises in the gym.



If you have any queries regarding Exercise Referral or After Care, please contact us:  
[activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk) [www.huntingdonshire.gov.uk/exercisereferral](http://www.huntingdonshire.gov.uk/exercisereferral)

## Hunts Community Cancer Network

We are pleased to announce **new** sessions as part of our partnership with HCCN:

- **One Leisure Ramsey:** Mondays 12:00 - 13:00
- **One Leisure Ramsey:** Wednesdays 14:30 - 15:30

Whether you're preparing for treatment, in recovery or looking to improve strength and wellbeing - these weekly sessions are tailored to help you feel good in your body.

We currently run four sessions at our One Leisure sites:

- **One Leisure St Ives:** Mondays 12:45 - 13:45
- **One Leisure Huntingdon:** Tuesdays 10:00 - 11:00
- **One Leisure St Neots:** Wednesdays 12:20 - 13:20
- **One Leisure Huntingdon:** Thursdays 12:30 - 13:30

We also have free monthly sessions being delivered in in the community.

**Old School Hall, Sawtry: 1st, 3rd and 4th Monday** of each month.

- Class 1: 12:00 - 12:55
- Class 2: 13:00 - 13:55

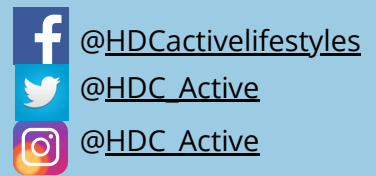
**Eatons Community Centre: 3rd Thursday** of each month.

- Class 1: 15:00 - 15:55
- Class 2: 16:00 - 16:55

Find out more: <https://www.huntingdonshire.gov.uk/living-with-or-beyond-cancer/>



**Don't forget to follow us on social media!**



## Snack Shack

We will be supporting the Snack Shack sessions hosted at The Coneygear Centre. These are community sessions offering food, activities and support for local families and young people during school holidays. Please contact Tracey Holliday for more info: [tracey.holliday@cambridgeshire.gov.uk](mailto:tracey.holliday@cambridgeshire.gov.uk).

All sessions are **11am – 2pm**:

- Thursday 6th August
- Thursday 13th August
- Thursday 20th August
- Thursday 27th August

If you are interested in helping us develop sport and physical opportunities for children and young people within your local area, we would love to hear from you. Please get in touch for more information: [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk).

## Home Education

### Home Education Hub - Summer 2026

Join us for fun and active sessions designed specifically for home-educated children and young people aged 5–16. With a range of sports and activities on offer, there's something for everyone to enjoy!

#### Riverside Park, Huntingdon at 10:00am – 12:00pm

Session dates:

- Friday 7th August
- Friday 14th August
- Friday 21st August
- Friday 28th August



### Home Education Sports Day

Join us for an afternoon of sport and fun at our Home Education Sports Day. A great opportunity for home-educated children and young people to get active and take part in a variety of challenges.

#### One Leisure St Ives Outdoor Centre at 1:00pm – 4:00pm

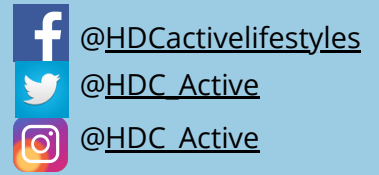
- Wednesday 2nd September 2026

## Children's School Holiday Sessions

We are delighted to be working alongside a number of local parishes and community groups once again this summer to provide free, fun and inclusive opportunities for children and young people throughout the school holidays.

Across Summer 2026, we will be delivering a range of morning and afternoon multi-sport sessions for children aged 5–11 years old. Sessions are designed to help children stay active, build confidence, make friends, and enjoy a variety of games and sports in a welcoming community environment. Contact your Parish Council for more details.

Don't forget to follow us on social media!



# Children's Holiday Sport Sessions

