We offer a wide range of sport and health related activities to promote a healthy population within the district.

Below is a brief overview of what we offer, and links to direct you for more information.

Programmes and services are constantly under review and new activities are regularly added. Please check [www.huntingdonshire.gov.uk/activelifestyles](http://www.huntingdonshire.gov.uk/activelifestyles) for up-to-date information.

**1/ Advance Booking Advisable:**

[**RightStart classes**](https://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/active-lifestyles-exercise-classes/)

Targeted towards older adults or those that require additional support to exercise. Varied types including, strength and balance, aqua, and circuit classes. The link has all details of times, locations, and explanations of class levels or type.

[**Specialist Exercise Classes**](https://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/) – LIVING WITH AND BEYOND CANCER

The cancer classes are provided in conjunction with Hunts Community Cancer Network to enable individuals to access specific exercise from initial diagnosis all the way through to living with or beyond cancer.

[**Walking Sports**](https://www.huntingdonshire.gov.uk/leisure/sport-and-activity-sessions/walking-sports/)

We run walking netball and walking football across the district. Both games are modified to the traditional game and targets adults aged 35+, regardless of ability or fitness. The link will give you details of where and when.

**Wellbeing Walks (Health Walks)** – [www.huntingdonshire.gov.uk/healthwalks](http://www.huntingdonshire.gov.uk/healthwalks)

Volunteer led walks as part of the free national Walking for Health initiative, provides a range of regular walks across the district. Individuals can enjoy the walk at their own pace whilst getting the added benefit of the company of other walkers.

**2/ Advance Booking Required:**

[**Beginners Courses – various**](http://www.huntingdonshire.gov.uk/activelifestyles)

Short courses for people who are inactive. From Pilates to studio to indoor cycling (spin), a range of activities are on offer. These courses are free of charge as part of the Healthy You funded project.

[**Pedals**](https://www.huntingdonshire.gov.uk/leisure/disability-sport/pedals/)

A cycling scheme for anyone who requires additional support to exercise and their families – we have a range of adaptive bikes at Hinchingbrooke Country park that can be hired out.

[**Swim for Health / Shoot for Health**](http://www.huntingdonshire.gov.uk/activelifestyles)

Short courses for people with a BMI of over 25and who are inactive. These courses are free of charge as part of the Healthy You funded project.

**3/ Referral needed:**

[**Exercise Referral Scheme**](http://www.huntingdonshire.gov.uk/exercisereferral) - [www.huntingdonshire.gov.uk/exercisereferral](http://www.huntingdonshire.gov.uk/exercisereferral)

A targeted 12 week 1:1 support in the gym for referred patients with a physical activity specialist. Patients tend to have a health condition which can be manged or improved through becoming more physically active. Health Professionals must register with the scheme prior to referring any patients. More details on cost and how to refer or register can be found on the link above.

[**Specialist Exercise Classes**](https://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/) – CARDIAC REHABILITATION & PULMONARY MAINTENANCE

Individuals for Cardiac Rehab and Pulmonary Maintenance classes will be referred in via a health professional.

**4/ Application process:**

[**Concessionary Membership Scheme**](https://www.huntingdonshire.gov.uk/leisure/one-leisure-concessionary-scheme/) - [www.huntingdonshire.gov.uk/olconcession](http://www.huntingdonshire.gov.uk/olconcession)

This enables people on income related benefits, disability related benefits or suffering with certain degenerative neurological conditions to access activities across One Leisure Facilities at a discounted price.

Individuals can provide evidence when applying for themselves or can be applied on behalf of them by trusted partners who have a unique form to fill out.

[**ESCAPE Pain**](http://huntingdonshire.gov.uk/leisure/specialist-exercise-classes/escape-pain/)

An evidenced based programme aiming to increase physical function and quality of life of those who are suffering from knee or hip osteoarthritis. Each course runs twice weekly over a five-week period and are broken down into an educational discussion followed by an exercise circuit. Patients can self-refer via the link above.

[**Undefeatable – Diabetes**](https://www.huntingdonshire.gov.uk/leisure/huntingdonshire-undefeatables-diabetes/) - [www.huntingdonshire.gov.uk/undefeat](http://www.huntingdonshire.gov.uk/undefeat)

Targeting those who are inactive and with type 1 or 2 diabetes. The scheme offers a discounted membership for a period of 9 months, which includes activities such as badminton, squash, cyclone (indoor cycling), the gym, fitness classes, and swimming, amongst other targeted activities delivered across One Leisure. Similar to the Concessionary Membership Scheme individuals can complete an application form via the above link.

**5/ Other options:**

[**One Leisure Centres**](http://www.oneleisure.net) – swimming, gym, classes, courts

**Parks & Open Spaces** – Hinchingbrooke Country Park, Paxton Pits Nature Reserve etc.

Classes & activities are subject to change. For more information visit: [www.huntingdonshire.gov.uk/activelifestyles](http://www.huntingdonshire.gov.uk/activelifestyles), email [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk)