

# One Leisure Active Lifestyles Newsletter

## April 2024

### Whats happening in your area?

Huntingdon PCN	St Neots PCN	South P'boro PCN	Fenland PCN	A1 PCN	St Ives PCN
<ul style="list-style-type: none"> <li>- Intro to Studio</li> <li>- Active &amp; Able</li> <li>- Walking Sports</li> <li>- Shoot for Health</li> </ul>	<ul style="list-style-type: none"> <li>- Intro to Studio</li> <li>- Active &amp; Able</li> </ul>	<ul style="list-style-type: none"> <li>- Adult Multisports</li> <li>- Outdoor Gym</li> <li>- Buggy Fitness</li> <li>- Walking Sports</li> </ul>	<ul style="list-style-type: none"> <li>- Intro to Circuits</li> <li>- Walking sports</li> </ul>	<ul style="list-style-type: none"> <li>- Walking Netball</li> <li>- Over 60's Club</li> </ul>	<ul style="list-style-type: none"> <li>- Intro to Bars &amp; Bells</li> </ul>

### Courses - Starting in April 2024

[www.huntingdonshire.gov.uk/healthyyou](http://www.huntingdonshire.gov.uk/healthyyou)

#### **Shoot for Health**

[www.huntingdonshire.gov.uk/healthyyou](http://www.huntingdonshire.gov.uk/healthyyou)

This FREE 8-week football course is aimed at inactive individuals wanting to get back into the much loved game of football with friendly and like minded people.

**One Leisure Huntingdon - Thursdays 5pm - 6pm (starting 2nd May 2024)**



#### **Intro to Bars & Bells**

A FREE 6 week course giving an introduction to barbell and kettlebell techniques. Exercises focusing on correct technique so participants can get the most from their workouts.

**One Leisure St Ives - Thursdays 11am - 11:55pm (starting 18th April 2024)**

#### **Intro to Studio**

A FREE 5 week course giving the opportunity to try different group fitness classes to feel more comfortable and confident to join in a mainstream class.

**One Leisure Huntingdon - Mondays 12pm - 12:55pm (starting 15th April 2024)**

**One Leisure St Neots - Mondays 12:45pm - 1:40pm (starting 15th April 2024)**



#### **Intro to Circuits**

A FREE 6 week course giving an introduction to circuit training. Exercises will combine strength and cardio training for beginners targeting the entire body.

**One Leisure Ramsey - Thursdays 4pm - 5pm (starting 18th April 2024)**

### **Yaxley Activities**



Cambridgeshire  
Community  
Foundation  
FOR CAMBRIDGESHIRE FOR GOOD

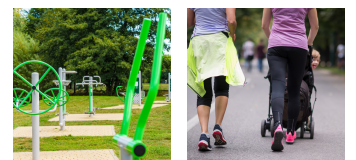


Thanks to funding from Groundwork East & support from Yaxley Parish Council, we are able to offer FREE activities at Middletons Road Recreation Ground, starting in April.

**Adult Multisports - Tuesdays 5 - 6pm (meet at 3G pitch)**

**Outdoor Gym - Thursdays 6 - 7pm (meet at Outdoor Gym Equipment)**

**Buggy Fitness - Monday 9.15am (meet in Amenity Centre car park)**



## Brampton Hub Partnership



We are working with Brampton Hub to offer residents Walking Netball and a social Over 60's Club. Both new sessions are fully funded, so will be free of charge.

### Walking Netball

A slower version of the game. It has been designed so that anyone can play, regardless of age or fitness level.

- **Mondays 10am - 11am - Brampton Memorial Centre (outdoor)** (starting 8th April 2024)

### Over 60's Club

A combination of free play, fun and competitive games. Table tennis, badminton, pickleball, tri-golf, bocca and more!

- **Thursdays 3:30pm - 4:30pm Brampton Memorial Centre (indoor)** (starting 11th April 2024)

## £ Active & Able £3 per session

Disability sessions open to all, regardless of skill level and offer the chance for individuals to take part in a variety of sports

- **One Leisure St Neots** - Mondays 11:00am - 11:55am
- **One Leisure Huntingdon** - Thursdays 11:00am - 11:55am



## £ Walking Sports

**£3.30 per person or you can buy a 10 session pass for £31. Alternatively, included in the Platinum Membership.**

As part of our walking sports sessions we offer football & netball. Each session is slightly modified where players walk instead of run and all are suitable for adults aged 35+. We welcome players of any ability or fitness.

### Football

- **Hemingford Grey Pavilion\*** - Tuesdays 10:00am - 11:00am \*£2.00 per session
- **One Leisure Huntingdon** - Wednesdays 5:00pm - 6:00pm & Fridays 12:00pm - 1:00pm

### Netball

- **Yaxley Amenity Centre\*** - Wednesdays 10:30am - 11:30am \*£2.00 per session
- **One Leisure Ramsey** - Thursdays 12:00pm - 1:00pm
- **One Leisure Huntingdon** - Fridays 10:00am - 11:00am

## £ Price Increases - April 2024

Some of our activities will be increasing slightly with effect from 1st April 2024:

- RightStart & Specialist Exercise classes will be £4.50 per session
- Fitness for All will be £5 per session
- The Active Lifestyles 10 session pass will be £40.00.
- The Active Lifestyles Platinum Direct Debit monthly cost will be £35.00 per month
- Exercise Referral 12 week scheme will be £60 for daytime or £81 for anytime
- Active & Able will remain at £3.00 per session
- Walking Sports will remain at £3.30 per session
- Walking Sports 10 session pass will remain at £31.00