

ONELEISURE ACTIVE LIFESTYLES TIMETABLE

Older Adults

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

Day	Time	Location
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	10:30am - 11:30am	Judith's Field, Godmanchester
Monday	2:00pm - 3:00pm	One Leisure St Ives
Tuesday	10:45am - 11:45am	Hemingford Abbots Village Hall
Tuesday	2:00pm - 3:00pm	Needingworth Village Hall
Tuesday	2:15pm - 3:15pm	Sawtry Caresco
Wednesday	9:30am - 10:30am	Trinity Church, Huntingdon
Wednesday	1:30pm - 2:30pm	One Leisure St Neots
Wednesday	2:30pm - 3:30pm	St Mary's Chapel, Houghton
Thursday	10:30am - 11:30am	One Leisure Ramsey
Thursday	11:00am - 12:00pm	Scout headquarters, Kimbolton
Thursday	11:00am - 12:00pm	Buckden Village Hall
Thursday	2:00pm - 3:00pm	Brampton Memorial Hall
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
Wednesday	2:45pm - 4:15pm	Amenity Centre, Yaxley
Thursday	12:00pm - 1:00pm	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
Tuesday	10:30am - 11:30am	Brampton Memorial Hall
Wednesday	2:00pm - 3:00pm	One Leisure St Ives
Thursday	2:00pm - 3:00pm	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 - 10:30am	One Leisure St Ives

Wellbeing Walks

Friendly group walks that can help you become and stay active around Huntingdonshire. Enjoy the walk at your own pace, but in the company of other walkers and walk leaders. www.huntingdonshire.gov.uk/wellbeingwalks

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 - 10:00	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	2:35pm - 3:25pm	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	10:15am - 11:10am	One Leisure St Ives
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	3:30pm - 4:30pm	Brampton Memorial Centre

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

Day	Time	Location
Every other Tuesday	11:00 - 11:45	CARESCO, Sawtry
Thursday	11:00 - 12:00	McCartney House, Godmanchester

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

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

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

Buggy Fitness Exercise with a group of like minded people exercising outside with their babies

Day	Time	Location
Monday	9:15am - 10:15am	Yaxley Recreation Ground

Outdoor Gym make use of the outdoor gym equipment for a workout with a qualified instructor

Day	Time	Location
Thursday	6:00pm - 7:00pm	Yaxley Recreation Ground

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

Day	Time	Location
Tuesday	5:00pm - 6:00pm	Yaxley Recreation Ground

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	4:00pm - 5:00pm	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
Tuesday	9:30am - 10:30am	One Leisure Huntingdon
Thursday	12:30pm - 1:30pm	One Leisure Huntingdon

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

Day	Time	Location
Monday	2:00pm - 3:00pm	One Leisure Huntingdon

Walking Sports

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	Hemingford Pavilion
Wednesday	5:00pm - 6:00pm	One Leisure Huntingdon
Friday	12:00pm - 1:00pm	One Leisure Huntingdon

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
Wednesday	10:30am - 11:30am	Yaxley Amenity Centre
Thursday	12:00pm - 1:00pm	One Leisure Ramsey
Friday	10:00am - 11:00am	One Leisure Huntingdon

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
Friday	11:30am - 12:15pm	One Leisure Ramsey

Disability Sport

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

Day	Time	Location
Wednesday	12pm, 1pm, 3pm & 4pm	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