

# One Leisure Active Lifestyles Newsletter

## April 2026

### Active For Health

We have new dates for our **Active for Health courses:**

**Active For Health:** A tier two adult weight management activity. It is a 12-week programme for inactive adults aged 18+. A chance for participants to become more active.

Upcoming courses:

- **Active For Health - Hinchingsbrooke Park** Wednesdays 17:00 - 18:00 (starting 15th April 2026)

Due to the end of previous funding received, 'Active for Health' is now £60 per person.

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

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

### Active For Health Xtra & Staying active

**Active For Health Xtra:**

In addition to our active for health course, we also have a new **FREE Active For Health Xtra** course coming up next month.

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 the criteria to join, you will also receive a **FREE 90 day One Leisure membership** on top of your course!

Upcoming course:

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

For more information, head to our website -

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



**Staying Active:**

**Staying Active is a FREE** 9-week activity programme, aimed at adults 55+ years who meet certain eligibility criteria, to help you become more active and move more.

The programme will include a range of activities to help you improve your mobility, socialise and ultimately improve your overall well-being.

Upcoming Courses:

- **Staying Active - The Coneygear Centre, Huntingdon** Thursdays 09:15 - 10:15 (starting 16th April 2026)

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

For more information, head to our website -

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

Don't forget to follow us on social media!



@HDCactivelifestyles



@HDC Active



@HDC Active

## One Leisure Sawtry

Huntingdonshire District Council's One Leisure team are excited to be re-opening One Leisure Sawtry. This will include the gym and swimming pool along with a 3G pitch for people to come down and use! Furthermore, One Leisure Active Lifestyles will be starting our sessions at the facilities as well! - Including:

**RightStart Aqua:** Fridays 11:00 - 12:00 from April 24th

## \*New\* 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)

## Hunts Community Cancer Network - New Session



We have **new sessions** being added as part of **HCCN!**

- **One Leisure Ramsey:** Mondays 12:00 - 13:00
- **One Leisure Ramsey:** Tai Chi Wednesdays 15:00 - 16:00

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.

\*Please note that some timings have changed since last month

**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/>

## Active Lifestyles Pricing Update

Starting this month, we have made a few small **adjustments to our prices** for Active Lifestyles activities to help us continue offering high-quality sessions and support.

### Summary of the updated prices:

#### Exercise Referral:

Daytime: £63.00 - (previously £62.00)

Anytime: £85.00 - (previously £83.50)

Anytime + Classes (3-month direct debit): £30.00/month - (previously £29.80)

#### RightStart:

10 Session Pass: £44.00 - (previously £42.00)

Right Start Classes: £4.90 - (previously £4.70)

Right Now Classes - (e.g. Yoga Stretch & Relax): £5.40 (previously £5.20)

#### Walking Sports/Recreational Sessions:

Walking Sports Session Pass: £32.50 - (previously £32.00)

Walking Sports / Recreational Sessions: £3.50 - (previously £3.40)

#### Classes remaining the same:

Active and Able: £3.00

Mini Movers (Small Site): £1.00

Mini Movers (Large Site): £2.00

Mini Dribblers: £3.00

PEDALS: £5.20



## Concessionary Scheme

The **One Leisure Concessionary Membership** Scheme offers discounted access to gym sessions, fitness classes, and swimming at One Leisure facilities. Discounts are available on weekdays before 4:30pm and all weekend.

The scheme is open to individuals receiving certain **income-related or disability benefits, as well as those living with specific medical conditions** such as Parkinson's, Multiple Sclerosis, or dementia.

It aims to make health and wellbeing activities more accessible and affordable for those who may need extra support.

For guidance about eligibility and applying visit:

<https://www.huntingdonshire.gov.uk/leisure/one-leisure-concessionary-scheme/>