

If you have any questions or would like to contact us, please email activelifestyles@huntingdonshire.gov.uk or call 01480 388111.

RightStart 1

Chair-based exercise class for strength, mobility and coordination work.

Monday	Royal British Legion Hall, Somersham	1.30pm - 2.30pm
Wednesday	Buckden Village Hall	10.30am - 11.30am
Thursday	One Leisure St Neots	2pm - 2.55pm

RightStart 2

Chair-based exercise and games with the option to stand.

Wednesday	Burleigh Hill Centre	1pm - 2pm
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RightStart 3

Strength, balance and coordination exercises to improve mobility, agility and flexibility.

Monday	Catworth Village Hall	10am - 11am
Monday	Fenstanton Village Hall	10am - 11am
Monday	Judith's Field Recreation Centre, Godmanchester	10.30am - 11.30am
Monday	One Leisure St Ives	2pm - 2.55pm
Monday	Hail Weston Village Hall	2pm - 3pm
Tuesday	Hemingford Abbots Hall	10.45am - 11.45am
Tuesday	Needingworth Village Hall	1.45pm - 2.45pm
Tuesday	Caresco, Sawtry	2.15pm - 3.15pm
Wednesday	Trinity Church, Huntingdon	9.30am - 10.30am
Wednesday	One Leisure St Neots	1.30pm - 2.25pm
Wednesday	St Mary's Chapel, Houghton	2pm - 3pm
Thursday	One Leisure Ramsey	10.30am - 11.25am
Thursday	Buckden Village Hall	11am - 12pm
Friday	Alconbury Weald	9am - 10am
Friday	Hemingford Pavilion	2pm - 3pm

RightStart 4

Progressive falls-prevention class including strength, balance and postural stability work.

Tuesday	One Leisure Huntingdon	1pm - 2pm
Wednesday	Yaxley Amenity Centre	1.30pm - 2.30pm
Thursday	One Leisure St Ives	12.15pm - 1.45pm
Friday	One Leisure St Neots	2pm - 2.55pm

RightStart 5

A social class with exercise based around circuit stations to improve strength and stamina.

Monday	The Parish Centre, Warboys	10am - 11am
Tuesday	One Leisure Ramsey	10.15am - 11.10am
Tuesday	Brampton Memorial Centre	10.30am - 11.30am
Wednesday	One Leisure St Ives	2pm - 2.55pm
Thursday	One Leisure Huntingdon	2pm - 2.55pm

RightStart Wellbeing

A variety of classes including Tai Chi, guided walks, beginner-friendly circuits and mobility.

Tuesday	One Leisure St Ives	4.30pm - 5.25pm
Thursday	One Leisure Huntingdon	5pm - 5.55pm

RightStart Aqua

Water-based class that improves strength and endurance without excess pressure through joints.

Monday	One Leisure Ramsey	10.30am - 11.25am
Tuesday	One Leisure St Neots	9am - 10am
Wednesday	One Leisure Huntingdon	11.35am - 12.25pm
Wednesday	One Leisure St Ives	12.15pm - 1pm
Thursday	One Leisure St Neots	9am - 10am
Thursday	One Leisure Huntingdon	2.45pm - 3.45pm
Friday	One Leisure Sawtry	11am - 12pm
Friday	One Leisure Huntingdon	2.35pm - 3.25pm

RightStart Cycle

Indoor cycling class for those that are new to exercise, or require extra support to exercise.

Wednesday	One Leisure St Ives	9:30am - 10:25am
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RightStart Tai Chi Qigong

Chair-based form that uses slow, flowing movements to strengthen the body and mind.

Monday	Burleigh Hill Centre	3pm - 4pm
Monday	One Leisure St Neots	3.05pm - 4pm
Tuesday	One Leisure Huntingdon	2pm - 2.55pm
Tuesday	One Leisure St Ives	3pm - 3.55pm
Wednesday	One Leisure Ramsey	4pm - 4.55pm
Thursday	One Leisure St Ives	9am - 9.55am
Friday	One Leisure Huntingdon	1.15pm - 2.10pm

Chair Based Yoga

Yoga class taking place with use of a chair. Seated options available throughout.

Wednesday	One Leisure Huntingdon	12.55pm - 1.55pm
Thursday	One Leisure St Ives	11am - 12pm

Yoga Stretch & Relax

Focusing on teaching the physical postures of yoga with an emphasis on the breath.

Monday	One Leisure St Neots	11.30am - 12.25pm
Tuesday	One Leisure St Ives	11.30am - 12.25pm
Wednesday	One Leisure Huntingdon	2pm - 2.55pm

Strong for Life

Supporting in the prevention of osteoporosis and arthritis - build strength, support your joints.

Tuesday	One Leisure Huntingdon	5pm - 5.55pm
Wednesday	One Leisure St Neots	5pm - 5.55pm
Thursday	One Leisure St Ives	5pm - 5.55pm

Golden Games

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

Tuesday (bi-weekly)	CARESCO, Sawtry	11am - 11.45am
Thursday (monthly)	CARESCO, Sawtry	11am - 11.45am

Get Active (Cancer)

Developed with Hunts Community Cancer Network, for those living with and beyond cancer.

Monday	One Leisure Ramsey	12pm - 12.55pm
1 st 2 nd & 4 th Monday of month	Sawtry Old School Hall	12pm - 12.55pm
Monday	One Leisure St Ives	12.45pm - 1.40pm
1 st 2 nd & 4 th Monday of month	Sawtry Old School Hall	1pm - 1.55pm
Tuesday	One Leisure Huntingdon	10am - 10.55am
Wednesday	One Leisure St Neots	12.20pm - 1.15pm
Wednesday	One Leisure Ramsey	2.30pm - 3.25pm
Thursday	One Leisure Huntingdon	12.30pm - 1.25pm
3 rd Thursday of month	Eatons Centre, St Neots	3pm - 3.55pm
3 rd Thursday of month	Eatons Centre, St Neots	4pm - 4.55pm

Pulmonary Rehab (COPD)

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

Monday	One Leisure Huntingdon	1.45pm - 2.45pm
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Cardiac Rehab

Designed for people who have had a heart attack or heart surgery and want to improve fitness.

Monday	One Leisure St Neots	2pm - 3pm
Monday	One Leisure Huntingdon	3.45pm - 4.45pm
Tuesday	One Leisure St Ives	4.30pm - 5.30pm

Cardiac Rehab Strength

Focusing on improving muscular strength and endurance for people with heart conditions.

Thursday	One Leisure Huntingdon	3pm - 4pm
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Lift & Move

A functional fitness class held on the gym floor.

Tuesday	One Leisure St Ives Outdoor	6pm - 6.50pm
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Over 60s Club

A combination of free play, fun and competitive games whilst socialising.

Tuesday	One Leisure St Ives	10am - 11am
Tuesday	Coneygear Centre	2pm - 3pm
Wednesday	One Leisure Huntingdon	10am - 10.55am
Wednesday	One Leisure St Ives	4pm - 4.55pm
Thursday	One Leisure St Neots	10am - 10.55am
Thursday	One Leisure Huntingdon	10am - 10.55am
Thursday	Royal British Legion Hall, Somersham	1.30pm - 2.30pm
Friday	Buckden Village Hall	10am - 11am
Friday	One Leisure Huntingdon	1pm - 2pm

Active Men's Hub

A welcoming space where men can stay healthy and socialise through sport and fitness sessions.

Friday	One Leisure St Ives Outdoor	10am - 11.30am
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Walking Football

A modified version of the game suitable for adults, regardless of ability or fitness.

Tuesday	One Leisure St Ives Outdoor	10am - 11am
Wednesday	One Leisure Huntingdon*	5pm - 6pm
Thursday	One Leisure Sawtry	5pm - 6pm
Friday	One Leisure Huntingdon*	12pm - 1pm

**Until further notice, sessions will be hosted at OL St Ives Outdoor due to construction works at OL Huntingdon.*

Walking Netball

A modified version of the game for adults, regardless of ability or fitness.

Monday	Brampton Memorial Centre	10am - 11am
Wednesday	Yaxley Amenity Centre	10.30am - 11.30am
Thursday	One Leisure Ramsey	12pm - 1pm
Friday	One Leisure Huntingdon	10am - 11am

Return to Netball

Rediscover your love of netball in a welcoming, supportive environment for all abilities.

Monday	One Leisure St Ives Outdoor	5pm - 6pm
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PEDALS

A cycling scheme for those requiring additional support to exercise using adapted bikes.

Wednesday	Hinchingbrooke Country Park	10am - 3.30pm
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Sessions have been postponed until further notice due to the redevelopment of Hinchingbrooke Country Park.

Active & Able

Instructor led sports activities for disabled adults. Play and progress, regardless of ability.

Monday	One Leisure St Neots	11am - 12pm
Thursday	One Leisure Huntingdon	11am - 12pm

Home Education

Sport sessions for children aged 4-16 who are home educated.

Monday	One Leisure Huntingdon	1pm - 1.55pm
Monday (bi-weekly)	One Leisure Huntingdon	2pm - 2.45pm
Monday (over 10's only)	One Leisure Huntingdon	3pm - 3.55pm
Tuesday	One Leisure Ramsey	11.30am - 12.30pm
Thursday	One Leisure St Neots	1pm - 2pm
Thursday	One Leisure St Ives	3pm - 4pm

Young People Sports

Socialise with other young people and participate in a variety of sports.

Tuesday	Yaxley Recreation Ground	5pm - 6pm
Wednesday	One Leisure St Neots*	3.30 - 4.30pm
Friday	One Leisure Huntingdon	3pm - 4.30pm

**St Neots Multi Sports will be commencing from October 2026.*

Mini Movers

Play session for under 5's allowing children to explore and have fun with different equipment.

Monday	One Leisure St Neots	9.15am - 10.15am
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ACTIVE LIFESTYLES PRICING

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CLASS	PAY AS YOU GO	CLASS PASS
RightStart 1, 2, 3, 4 & 5	£4.90	RightStart Multi Class Pass - £44
RightStart Wellbeing	£4.90	RightStart Multi Class Pass - £44
RightStart Aqua	£4.90	RightStart Multi Class Pass - £44
RightStart Cycle	£4.90	RightStart Multi Class Pass - £44
RightStart Tai Chi Qi Gong	£4.90	RightStart Multi Class Pass - £44
Chair Based Yoga	£4.90	RightStart Multi Class Pass - £44
Cardiac Rehab	£4.90	RightStart Multi Class Pass - £44
Cardiac Strength	£4.90	RightStart Multi Class Pass - £44
Pulmonary Rehab	£4.90	RightStart Multi Class Pass - £44
Get Active (Cancer)	£4.90	RightStart Multi Class Pass - £44
Strong for Life	£5.40	N/A
Yoga, Stretch and Relax	£5.40	N/a
Over 60's Club	£3.50	Recreational Class Pass - £32.50
Active Mens Hub	£3.50	Recreational Class Pass - £32.50
Walking Football	£3.50	Recreational Class Pass - £32.50
Walking Netball	£3.50	Recreational Class Pass - £32.50
Return to Netbal	£3.50	Recreational Class Pass - £32.50
Golden Games	FREE	N/A
Lift & Move	£6.60 member £7.75 non member	One Leisure Group Exercise Pass - £59.80
PEDALS	£5.20 per bike	N/A
Active & Able	£3 (carers free)	N/A
Home Education	Contact activelifestyles@huntingdonshire.gov.uk for info	
Mini Movers	£2	N/A
Young People Sports	FREE	N/A

ACTIVE LIFESTYLES PLATINUM MEMBERSHIP

Gym, swimming, group exercise classes, indoor cycling and off-peak racket sports. Available at all One Leisure centres across Huntingdonshire.

- **£37 monthly**
- **£370 annually**
- **Off-Peak £280 annually** (*access before 4.30pm weekdays, anytime weekends*)

UNDEFEATABLES MEMBERSHIP - www.huntingdonshire.gov.uk/undefeatables

A discounted Active Lifestyles membership for people with eligible long-term health conditions, including cancer, diabetes, depression and lung conditions.

- **£30 monthly for 9 months** (*then automatically moves to the standard Active Lifestyles rate of £37 per month*).

CONCESSIONARY MEMBERSHIP - www.huntingdonshire.gov.uk/olconcession

Reduced-price access to One Leisure activities during off-peak times. It is available to people receiving certain benefits or living with qualifying health conditions and disabilities.