

One Leisure Active Lifestyles Newsletter

August 2026

Become a Trusted Partner - Concessionary Membership Scheme

As an employee or partner organisation of Huntingdonshire District Council (HDC), you can apply to become a Trusted Partner and submit Concessionary Membership Scheme applications on behalf of eligible clients, patients, or service users.

Trusted Partners can apply directly for individuals who may be unable to access or complete the online application themselves.

To become a Trusted Partner, simply complete the online application form:

<https://forms.huntingdonshire.gov.uk/ALTRUSTEDPARTNERREGISTRATIONFORM/launch>

For further information on the Concessionary Membership Scheme, visit:

www.huntingdonshire.gov.uk/olconcession

Memberships

Here's a reminder of some of the great value memberships we offer:

Active Lifestyles Platinum

Our all-inclusive membership includes gym, swimming, group exercise classes, indoor cycling, and off-peak racket sports. Available at all One Leisure centres across Huntingdonshire.

- **Individual Membership Monthly: £37**
- **Individual Membership Annually: £370**

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.

Usage Times:

- **Monday - Friday:** Before 4:30pm
- **Saturday - Sunday:** Anytime
- **Off-Peak membership costs £280 annually**

For more information, speak to a member of the Active Lifestyles team or email

activelifestyles@huntingdonshire.gov.uk



Undefeatables

The Undefeatable membership offers a discounted Active Lifestyles membership for people with eligible long-term health conditions, including cancer, diabetes, depression and lung conditions. The membership costs **£30 per month** for 9 months, then automatically moves to the standard Active Lifestyles rate of **£37 per month**.

For more information and eligibility criteria, please visit:

www.huntingdonshire.gov.uk/undefeat



Upcoming Courses - FREE!

Active For Health Xtra www.huntingdonshire.gov.uk/activeforhealth

A **12-week programme** for inactive adults aged 50+. The course will help to improve fitness, socialise, learn new skills and improve overall well-being.

- **One Leisure Huntingdon - Wednesdays 15:00 - 16:00** starting 30th September 2026
- **Alconbury Weald Pavilion - Wednesdays 14:00 - 15:00** starting 9th September 2026
- **Little Paxton Village Hall - Thursdays 14:00 - 15:00** starting 10th September 2026

Staying Active www.huntingdonshire.gov.uk/stayingactive

A **FREE 9-week activity programme** aimed at adults 55+. The course will help to maintain strength and balance whilst becoming more active.

- **Coneygear Centre - Thursdays 09:15 - 10:15** starting 1st October 2026

For more information, head to our website.

**Courses can be joined up to three weeks after the starting date.*

Subject to eligibility, participants will receive a free 90-day One Leisure membership alongside the course.

Exercise Referral Scheme

The Exercise Referral Scheme helps residents of Huntingdonshire become more active and to manage their health condition through supported self-care. Patients are referred by a registered health professional and will benefit from a personalised 12-week exercise programme with supportive check-in reviews from their qualified Physical Activity & Exercise Specialist. The scheme grants access to the gym and swimming pool with optional access to group exercise classes.



Self-Referral Scheme

Self-Referral is a new entry point into the Exercise Referral Scheme. Individuals aged 18+ with low-risk health conditions can apply to undertake the 12-week Exercise Referral Scheme without a referral from a health professional. Acceptance onto the scheme is subject to meeting entry criteria.

After Care



The After Care Scheme provides extra support for members who have completed the Exercise Referral Scheme. Bookings include a 30 minute appointment to review their gym programme and make any necessary adjustments. Time can be used to create a new programme or to be shown new exercises in the gym.

For more information, pricing details and referral form links, please visit:
www.oneleisure.net/exercisereferral



£ New Regular Classes

RightStart Wellbeing

Combining beginner friendly circuits, Tai Chi, guided walks and mobility based sessions. An ideal class to improve overall wellbeing.

- **One Leisure St Ives - Tuesdays 16:30 - 17:25** starting 1st September 2026
- **One Leisure Huntingdon - Thursdays 17:00 - 17:55** starting 3rd September 2026

Cardiac Rehab Strength

Cardiac Strength is a specialised exercise class for people with heart conditions, led by qualified British Association for Cardiovascular Prevention and Rehabilitation instructors. Sessions focus on strength-building exercises and include a warm-up and cool-down. Participants must be referred by a Phase III provider or suitably qualified healthcare professional.

- **One Leisure Huntingdon - Thursdays 15:00 - 16:00** starting 3rd September 2026

Strong for Life

A strength focused exercise class designed to support long-term health and mobility. Especially beneficial for preventing and managing conditions like arthritis and osteoporosis.

- **One Leisure St Ives - Thursdays 17:00 - 17:55** (ongoing)
- **One Leisure Huntingdon - Tuesdays 17:00 - 17:55** starting 8th September 2026
- **One Leisure St Neots - Wednesdays 17:00 - 17:55** starting 9th September 2026

£5.40 pay as you go or part of your **One Leisure Platinum** membership.

Return To Netball

Get back into playing netball in this social version of the game for all abilities.

- **One Leisure St Ives Outdoor - Mondays 17:00 - 18:00** (ongoing)



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For more information, including pricing details please visit:

www.oneleisure.net/activelifestyles
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£ Home Education

Home Education Hub

The following sessions are open to families of home-educated children aged 4 - 16 to access more physical activity opportunities. Sessions will run from **Riverside Park, Huntingdon**.

- **Friday 7th August 10:00 - 12:00**
- **Friday 14th August 10:00 - 12:00**
- **Friday 21st August 10:00 - 12:00**
- **Friday 28th August 10:00 - 12:00**

£5 per child.



Home Education Sports Day

A fun-filled sports day packed with events for children aged 5-16 and families who are involved in home education. Spaces will be limited and available online to book soon at

www.oneleisure.net or by calling One Leisure Direct on 01480 388111.

- **One Leisure St Ives Outdoor - Wednesday 2nd September 13:00 - 16:00**
£6 per child.

Home Education St Neots - NEW

A new weekly class is launching from September in St Neots. This sports session is for children aged 4 - 16 who are home educated and wish to participate in games, develop teamwork and leadership skills and socialise. Sessions will run term-time only.

- **One Leisure St Neots - Thursdays 13:00 - 13:55** starting 10th September
£3 per child.

Regular Home Education Sessions:

Our regular programme features sports sessions for children across the district. Spaces are limited so email activelifestyles@huntingdonshire.gov.uk to learn more.

- **One Leisure Huntingdon - Mondays 13:00 - 13.55**
- **One Leisure Huntingdon - Mondays (bi-weekly) 14:00 - 14.45**
- **One Leisure Huntingdon - Mondays (10+ only) 14.55 - 15.55**
- **One Leisure Ramsey - Tuesdays 11.30 - 12.30**
- **One Leisure St Neots - Thursdays 13:00 - 13:55**
- **One Leisure St Ives - Thursdays 15:00 - 16:00**



For more information on our Home Education programme please visit:

www.huntingdonshire.gov.uk/homeeducation

Children, Young People and Families

Multi-Sports

Sessions can be tailored for children, teenagers or young adults who wish to participate in a variety of activities.

Regular term-time sessions:

- **Middleton Road, Yaxley - Tuesdays 16:00 - 17:00** (weekly including holidays)
- **Youth Club Ramsey Church - Wednesdays 15:30 - 16:30** (bi-weekly)
- **Youth Club Houghton Field - Wednesdays 18:30 - 19:30** (quarterly)
- **One Leisure Huntingdon - Fridays 15:00 - 16:30** (resuming in November)

Sessions are free to attend. HDC Active Lifestyles are working in partnership with Yaxley Parish Council, Ramsey Church and Houghton Parish Council.

New term-time session:

- **One Leisure St Neots - Wednesdays 15:30 - 16:30** (weekly starting October)

For more information, please email activelifestyles@huntingdonshire.gov.uk.





Family Sessions

Join us for some fun and active sessions for the whole family, with a range of sports on offer. Bring your own picnic too!

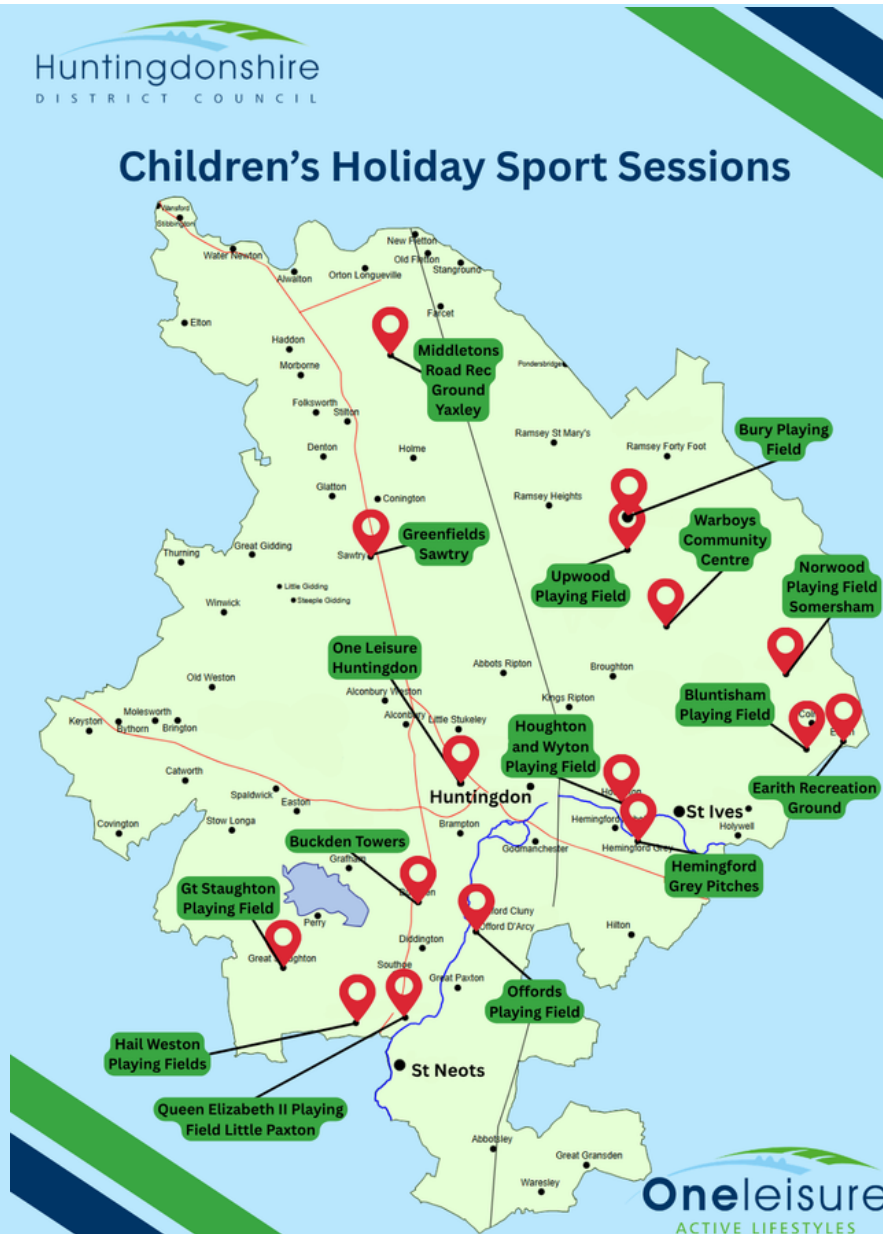
- **Huntingdon Riverside - Wednesday 5th August 14:00 - 16:00**
- **St Neots Priory Park - Wednesday 12th August 14:00 - 16:00**
- **Huntingdon Riverside - Wednesday 19th August 14:00 - 16:00**
- **St Neots Priory Park - Wednesday 26th August 14:00 - 16:00**



£6 per family (max of 4 family members per booking with the option of booking more). For more info please visit www.huntingdonshire.gov.uk/familysports.

Children's Holiday Sports Sessions

We are delighted to be working alongside a number of local parishes and community groups this summer to provide free, fun and inclusive opportunities for children and young people throughout the school holidays. Contact your Parish Council for more details.





Huntingdonshire Outdoor Gyms

Outdoor gyms are designed to offer physical, mental, social and community benefits while being free and accessible to all. Outdoor gyms are designed to have easy to use equipment and be suitable for all fitness levels. Visit www.oneleisure.net/outdoorgym to watch tutorials teaching you how to use equipment safely and effectively, access free programmes and our exercise guides.

