

# ONELEISURE ACTIVE LIFESTYLES TIMETABLE

## Older Adults

**RightStart 3** Combining 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	2:00pm - 3:00pm	One Leisure St Ives
Tuesday	10:45am - 11:45am	Hemingford Abbots 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	Buckden Village Hall
Thursday	2:00pm - 3:00pm	Brampton Memorial Hall
Friday	9:00am - 10:00am	Alconbury Weald Pavilion
Friday	3:00pm - 4:00pm	Hemingford Grey Pavilion

**RightStart 4 - Postural Stability** A progressive falls-prevention class that includes strength, balance and postural stability work.

Day	Time	Location
Thursday	12:00pm - 1:00pm	One Leisure St Ives
Friday	2:00pm - 3:00pm	One Leisure St Neots

**RightStart 5** A fun, social class with light - moderate exercise based around circuit stations to improve flexibility, strength and 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, have a medical condition or require extra support to exercise.

Day	Time	Location
Wednesday	9:30am - 10:30am	One Leisure St Ives

**RightStart Aqua** Improve strength, endurance and flexibility - all without putting excess pressure through the joints.

Day	Time	Location
Monday	10:30am - 11:30am	One Leisure Ramsey
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

**Walking Football** A modified version of the game with sessions 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 with sessions suitable for adults aged 35+, regardless of ability or fitness.

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

### Wellbeing Walks

Friendly group walks that can help you become and stay active around Huntingdonshire. You can enjoy the walk at your own pace, but with the added benefit of being in the company of other walkers and trained walk leaders. Find full details on our website: [www.huntingdonshire.gov.uk/wellbeingwalks](http://www.huntingdonshire.gov.uk/wellbeingwalks)

### Specialist Health Condition Group Exercise

**Cardiac Rehab** Designed for people who have had a heart attack or heart surgery and want to improve their health and 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	3:30pm - 4:30pm	One Leisure Huntingdon

**Pulmonary Rehab** For people living with pulmonary conditions such as COPD. Enjoyable and sociable, with a full physical workout.

Day	Time	Location
Monday	2:00pm - 3:00pm	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
Friday	11:30am - 12:15pm	One Leisure Ramsey

### Disability Sport

**PEDALS** A cycling scheme for anyone who requires 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