

"We aim to provide a progressive, quality and value for money service encouraging continued and frequent use by the community".

sawtry
●●● leisure centre

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www.huntingdonshire.gov.uk/leisurecentres

These services are provided by Huntingdonshire District Council.

All information is correct at the time of printing (11/08). We reserve the right to amend prices and services as described within this leaflet. Leisure Centre regulations apply.

If you require this publication in an alternative format please contact the Leisure Centre.

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Fitness Class Timetable

Friday 2nd January to
Sunday 5th April 2009




Huntingdonshire
D I S T R I C T C O U N C I L

www.huntingdonshire.gov.uk/leisurecentres

| MONDAY | | |
|------------------|-----------------------------------|-------|
| 9.30am - 10.20am | 🕒 Ex-Bike (Spinning) | £4.20 |
| 4.00pm - 4.50pm | Teen Ex-Bike (excluding 16th Feb) | £2.50 |
| 6.00pm - 6.50pm | Ex-Bike (Spinning) | £4.20 |
| 6.30pm - 7.30pm | Aquafit | £4.20 |
| 7.00pm - 8.00pm | Aerobics | £4.20 |
| 7.45pm - 8.45pm | Adult Trampoline | £4.40 |
| 8.00pm - 9.00pm | Boxercise | £4.20 |

| TUESDAY | | |
|-------------------|-----------------------|-------|
| 9.30am - 10.30am | 🕒 Pump fx | £4.60 |
| 10.30am - 11.30am | 🕒 Fit Ball | £4.20 |
| 11.30am - 12.30pm | NEW Nifty 50's | £4.20 |
| 7.00pm - 8.00pm | Legs, Bums & Tums | £4.20 |
| 7.15pm - 8.15pm | Pump fx | £4.60 |
| 8.00pm - 9.00pm | Circuit Training | £4.20 |
| 8.30pm - 9.20pm | Ex-Bike (Spinning) | £4.20 |

| WEDNESDAY | | |
|------------------|--------------------------------|-------|
| 9.30am - 10.15am | 🕒 Aquafit (excluding 18th Feb) | £4.20 |
| 9.30am - 10.30am | 🕒 Pilates | £4.20 |
| 1.30pm - 2.30pm | Right Start 3: Fitness Class | £2.80 |
| 6.00pm - 6.50pm | Ex-Bike (Spinning) | £4.20 |
| 7.00pm - 8.00pm | Shape & Tone | £4.20 |

| THURSDAY | | |
|-------------------|-------------------------------------|-------|
| 9.30am - 10.30am | 🕒 Boxercise | £4.20 |
| 10.30am - 11.30am | 🕒 Body Tone | £4.20 |
| 11.45am - 12.30pm | Right Start 1: Chair Based Exercise | £3.00 |
| 7.00pm - 8.00pm | Aquafit | £4.20 |
| 8.00pm - 9.00pm | Circuit Training | £4.20 |
| 8.15pm - 9.15pm | Pump fx | £4.60 |

| FRIDAY | | |
|-------------------|-----------------------------------|-------|
| 9.30am - 10.30am | 🕒 Pump fx | £4.60 |
| 10.40am - 11.30am | 🕒 Ex-Bike (Spinning) | £4.20 |
| 4.00pm - 4.50pm | Teen Ex-Bike (excluding 20th Feb) | £2.50 |
| 6.00pm - 6.50pm | Ex-Bike (Spinning) | £4.20 |

| SATURDAY | | |
|-----------------|--------------------|-------|
| 9.00am - 9.50am | Ex-Bike (Spinning) | £4.20 |

| SUNDAY | | |
|------------------|--------------------|-------|
| 9.30am - 10.20am | Ex-Bike (Spinning) | £4.20 |

Crèche Facilities

Fitness classes with the 🕒 symbol indicate that crèche facilities are available so you can work out knowing your child is having fun in a safe and stimulating environment.

The crèche is £2.00 per ½ hour or FREE for Advantage members. Book up to 7 days in advance on 01487 832161.

Class Descriptions

Adult Trampoline

Practice basic skills, drops and jumps safely with an experienced instructor. Improve balance whilst exercising and having fun.

Aerobics

Ideal for toning and strengthening using a variety of moves and routines.

Aquafit

A fun workout in the pool using the resistance of the water for all over toning.

Body Tone

An hour of muscular strength and endurance. This class tones the whole body with no cardiovascular work.

Boxercise

Boxercise is a fun and energetic exercise routine using boxing moves for all levels of ability. Ideal for shaping up and burning calories.

Circuit Training

Combines cardiovascular fitness with muscle strength and endurance exercises by moving around different workout stations. Work to your own ability and fitness.

Ex-Bike (Spinning)

A cardiovascular workout on a bicycle to motivational music that tones and shapes the whole body. Adjust the bicycle to suit your own ability.

Fit Ball

A great challenging class to tone and condition all major muscles of the torso. Improves balance and strengthens the core muscles, abs, hips and lower back.

Legs, Bums & Tums

An aerobic exercise class which focuses on strengthening and toning the lower half of the body. Helps improve co-ordination, flexibility and stamina.

Nifty 50's

Classes designed for 50+ which aim to keep muscles and joints supple whilst maintaining co-ordination and balance.

Pilates

A relaxing class, aimed at improving posture, body alignment, breathing, muscular strength and control.

Pump fx

A resistance-training workout that strengthens, tones and defines every muscle in your body using barbells and adjustable weights. Every three months, there is a new class with fresh choreography and music.

Right Start 1: Chair Based Exercise

A qualified instructor will lead you through a series of chair based exercises, stretches and band work. This is a social class for 50+ years with a free tea or coffee afterwards.

Right Start 3: Fitness Class

A fun, social class with light to moderate exercise based around circuit stations to help improve flexibility, strength and fitness. Suitable for people wanting to exercise for the first time or returning to exercise after a medical condition.

Shape & Tone

A workout that combines movements with weights.

Teen Ex-Bike

A cardio workout with motivational music on the exercise bike full of fun and energy. Adjust the bicycle to suit your own ability. Classes are suitable for ages 13 to 15 years.

Get unlimited Fitness Classes with Advantage Membership

Advantage membership includes unlimited use of following facilities:

- Impressions Fitness Suite
- Fitness Classes (not including courses)
- Swimming Pool (children under 18 swim free as well)
- Off Peak Racquet Sports
- Crèche

For further information
contact the Impressions
Fitness Suite reception.

impressions
fitness suites



Book Fitness Classes Online



Beat the queues by booking fitness classes, badminton, squash and tennis courts online.

You can search availability 24 hours a day and book activities up to 7 days in advance.

It is quick and easy to register

To use this service you must be a Leisure Cardholder, aged 18 or over and registered on the database.

To register complete the Online Bookings Registration Form available at www.huntingdonshire.gov.uk/leisurecentres

Once you have registered, you will be sent your logon details and PIN number by email.

If you are not a Leisure Cardholder, firstly you must complete a simple membership form (membership is free of charge).

Forms are available from reception or can be completed online at www.huntingdonshire.gov.uk/leisurecentres

Fitness Class Pass

10 classes for only £37

Fitness classes are even better value with the Fitness Class Pass for only £37

The pass entitles you to any 10 fitness classes priced up to £4.60



Customer Information

- Due to the high demand of some classes it is recommended that you book in advance. Fitness classes can be booked up to 7 days in advance on 01487 832161 or via our online booking system.
- Failure to attend or any cancellation made within 1 hour of the booked period shall be charged. This includes Advantage members.
- Please arrive early to book in at reception so that classes start on time.
- You may bring a clean towel and water bottle to the class. Please do not bring personal belongings or mobile phones.
- Please notify the instructor prior to the class if you suffer from any condition that may affect your ability to exercise.
- Appropriate footwear and clothing must be worn.
- Some fitness classes are suitable for ages 14 - 15. Under 16's may need to be accompanied by an adult over 16 (check with centre for details). The minimum age for Pump fx is 16.
- The duration of some fitness classes vary to accommodate other activities and facilities.