



# Gym

## DESCRIPTIONS

INDUCTION	The induction will take up to 60 minutes and involve a qualified gym instructor explaining and demonstrating how to use the equipment.
FORWARD TO HEALTH	This is a 12 week exercise programme designed for people with medical conditions where exercise will improve health. The programme costs £38.40 for the 12 weeks and this gives you: <ul style="list-style-type: none"> <li>• Three one to one consultations with one of our exercise specialists</li> <li>• Health and fitness checks</li> <li>• Free gym use from Monday to Friday, 07.00-17.00 (Exclusions apply)</li> <li>• Plus, you will receive free nutritional advice.</li> </ul>
HEALTH CHECKS	Available free of charge for all members. Health checks include: Weight, height, BMI, body fat and blood pressure. Non-members can also book in for a Health check at a cost of £5.00. Ask at reception for more information.
TOTAL FITNESS SOLUTIONS LTD	Practical and Sports Rehabilitation Clinic Sports massage and injury treatment. Contact Paul Taylor 07803 582866

Cheslyn Hay Leisure Centre • Tel: 01922 417790 • Email: [cheslynhay@sstaffs.gov.uk](mailto:cheslynhay@sstaffs.gov.uk)

Codsall Leisure Centre • Tel: 01902 844032 • Email: [codsall@sstaffs.gov.uk](mailto:codsall@sstaffs.gov.uk)

Penkridge Leisure Centre • Tel: 01785 714152 • Email: [penkridge@sstaffs.gov.uk](mailto:penkridge@sstaffs.gov.uk)

Wombourne Leisure Centre • Tel: 01902 898202 • Email: [wombourne@sstaffs.gov.uk](mailto:wombourne@sstaffs.gov.uk)



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## Cheslyn hay Leisure Centre Gym Timetable 2023

Monday
Open for public 7am – 10pm
Tuesday
Open to public 7am -1pm <b>1.20pm-3pm Closed for School Use</b> Open to public 3pm-10pm
Wednesday
Open for public 7am-10pm
Thursday
Open to public 7am-1pm <b>1.20pm-3pm Closed for school use.</b> 3pm-10pm Open to public
Friday
Open to public 7am -11am <b>11am-3pm Closed for School Use</b> Open to public 3pm-10pm
Saturday & Sunday
Open to public 8am-6pm

Prices	Privilege Member	Non Member
Off Peak	£5.50	£6.20
Peak	£6.60	£7.40

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