



Exercise Classes

Wombourne Leisure Centre

TIME	CLASS
Monday	
09:15-10:00	Studio cycling
09:30-10:20	Legs, tums & tums
09:45-10:30	Yoga
10:30-11:20	Core
10:40-11:25	Yoga
11:30-12:15	Seated breathing yoga
12:20-13:05	Seated yoga
18:00-18:45	Yoga
18:30-19:15	Studio cycling
18:30-19:20	Aerobic blitz
19:00-20:00	Samurai swords
19:00-20:00	Tai Chi
Tuesday	
09:15-10:00	Studio cycling
09:30-10:20	Body conditioning
10:15-11:00	Low impact aerobics
10:30-11:20	Step, stretch and tone
11:15-12:00	Pilates
11:30-12:30	Tai Chi beginners
12:15-13:00	Pilates
13:15-14:00	Pilates
14:15-15:00	Seated Pilates
12:30-13:30	Tai Chi
18:00-18:45	Legs, bums & tums
18:15-19:00	Core Abs
18:30- 19:15	Studio cycling
18:55-19:40	Bounce and pump
19:50-20:35	Boxercise
Wednesday	
09:15-10:00	Studio cycling
09:15-10:00	Stability ball
09:15-10:00	Pilates
10:05-10:50	Pilates
11:00-11:45	Seated Pilates
17:45-18:30	Yoga
17:45-18:30	Body impact
18:30-19:15	Studio cycling
18:40-19:25	Yoga
18:45-19:30	Box fit

TIME	CLASS
Thursday	
09:15-10:00	Studio cycling
09:30-10:20	Multi fit
10:30-11:20	Circuits
11:30-12:15	Pilates
11:30-12:30	Tai chi
12:30-13:30	Tai chi fan
17:40-18:25	Pilates
18:00-19:00	Zumba
18:30-19:15	Studio cycling
19:15-20:00	Weights, cardio and core
Friday	
08:30-09:15	Core
09:30-10:15	Studio cycling
09:30-10:20	Aerobic combo
09:45-10:30	Yoga
10:30-11:25	Resistance band workout
10:40-11:25	Yoga
11:30-12:15	Seated yoga
17:30-18:00	Core
18:30-18:30	HITT
Saturday	
08:00-08:45	Boxercise
09:00-09:45	Studio cycling
09:00-09:45	Box fit
Sunday	
09:00-09:45	Studio cycling
10:00-11:00	Legs bums and tums

*Please be aware that customers will be required to bring their own exercise mat to classes.

PRICES

	PAY AS YOU GO	PRIVILEGE
All classes	£5.80	£5.00

Cheslyn Hay Leisure Centre • Tel: 01922 417790 • Email: cheslynhay@sstaffs.gov.uk

Codsall Leisure Centre • Tel: 01902 844032 • Email: codsall@sstaffs.gov.uk

Penkridge Leisure Centre • Tel: 01785 714152 • Email: penkridge@sstaffs.gov.uk

Wombourne Leisure Centre • Tel: 01902 898202 • Email: wombourne@sstaffs.gov.uk



Exercise Classes



MATRIX My Ride+

www.sstaffs.gov.uk/leisure

Studio Cycling



Wombourne Leisure Centre

DESCRIPTIONS

There will be times in the cycle studio where there are no programmed classes, during these times, customers can access the facility and choose their own virtual class. There are two types of my ride classes to choose from –

Tour Coach

Tour the world with the My Ride World Tour Challenges.

The ultimate My Ride experience using forward motion video which will make you feel like you're travelling through a location just like you would in normal life!

Studio Coach

Classes delivered by a My Ride virtual coach

There are 3 class options:

- Class - 50 minutes (approx.)
- Fast class – 30 mins (approx.)
- Drills – intense 17-minute class

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