



# Gym

## Wombourne Leisure Centre

Monday	
06:45-21:30	Open for use
09:00-12:00	Inductions / Fitness consultations
17:00-19:00	Inductions
Tuesday	
06:45-21:30	Open for use
09:00-12:00	Inductions / Fitness consultations
15:00-16:00	Active youth
16:00-17:00	Active youth
17:00-18:00	Inductions / Fitness consultations
Wednesday	
06:45-21:30	Open for use
08:30-12:00	Inductions / Fitness consultations
15:00-16:00	Gym closed to the public
16:00-17:00	Active youth

Thursday	
06:45-21:30	Open for use
09:00-12:00	Inductions / Fitness consultations
17:00-19:00	Inductions / Fitness consultations
Friday	
06:45-21:30	Open for use
07:00-08:30	Inductions / Fitness consultations
15:00-16:00	Inductions / Fitness consultations
16:00-17:00	Active youth
Saturday	
08:00-20:00	Open for use
09:30-11.30	Inductions / Fitness consultations
Sunday	
07:30-19:00	Open for use

### PRICES

	PAY AS YOU GO		PRIVILEGE MEMBER	
	PEAK	OFF PEAK	PEAK	OFF PEAK
Gym	£7.40	£6.20	£6.60	£5.50
60+ (Between 10.00-12.00 weekdays)		£5.36		£5.36
Induction	£10.00	£10.00	£10.00	£10.00
Active youth	£2.50			

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



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### DESCRIPTIONS

<b>INDUCTION</b>	The induction will take up to 60 minutes and involve a qualified gym instructor explaining and demonstrating how to use the equipment.
<b>PERSONAL TRAINING</b>	Personal trainers are available. Please contact reception for more information.
<b>60+ FITNESS</b>	Discounted access to the gym for people over 60. Weekdays between 10:00-12:00. The gym will remain open to all other customers.
<b>ACTIVE YOUTH</b>	A supervised and discounted gym session for 13 – 17-year-olds. Includes an induction during the first session. A consent form must be signed by a parent before the induction can commence. The gym will remain open to all other customers.
<b>FORWARD TO HEALTH</b>	This is a 12-week exercise programme designed for people with medical conditions where exercise will improve health. The programme costs £60.00 for a 12-week programme and includes: <ul style="list-style-type: none"> <li>» Three one-to-one assessments with your personal exercise instructor, including personal review sessions at week 1, 6 and 12 to discuss progress and set new goals.</li> <li>» Fully inclusive of gym sessions, exercise classes and swimming at all our leisure centres.</li> <li>» Nutritional advice and a personal 12-week gym-based exercise programme to meet your individual fitness and medical needs.</li> <li>» Ongoing support from your instructor throughout the 12 weeks</li> </ul>
<b>HEALTH CHECKS</b>	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.
<b>FITNESS PROGRAMMES</b>	Available Free of charge for all members. The fitness instructor will create a bespoke programme to suit your needs. Non-members can also book in for a programme at a cost of £5.00. Ask at reception for more information.