

Toning Suite

Wombourne Leisure Centre

Our six Easytone chairs and three Power tone beds are designed to provide a circuit that will exercise and stretch all the major muscle groups in the body, whilst at the same time stimulating the muscles and improving circulation.

The Toning Suite is a great choice for anyone with mobility or balance problems

Monday	
06:45-21:30	Open for use
09:00-16:30	Free trials
18:00-20:15	Free trials
Tuesday	
06:45-21:30	Open for use
08:30-12:30	Free trials
Wednesday	
06:45-21:30	Open for use
08:30-15:30	Free trials
Thursday	
06:45-21:30	Open for use
09:00-13:00	Free trials
Friday	
06:45-21:30	Open for use
08:30-13:00	Free trials
Saturday	
08:00-20:00	Open for use
Sunday	
07:30-19:00	Open for use
08:30-11:30	Free trials (alternate Sundays)

PRICES

	PAY AS YOU GO	PRIVILEGE
First session (Free trial)	FREE	FREE
Single session	£6.80	£5.80

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