



Gym

Codsall Leisure Centre Gym Timetable

Monday	
7.00am-8.45am	Open to all
8.50am-9.50am	Closed – School Use Only
9.55am-1.50pm	Open to all
1.55pm-2.55pm	Closed – School Use Only
3.00pm-10.00pm	Open to all
3.15pm-4.15pm	Active Youth
Tuesday	
7.00am-8.45am	Open to all
8.50am-9.50am	Closed – School Use Only
9.55am-1.50pm	Open to all
1.55pm-2.55pm	Closed – School Use Only
3.00pm-10.00pm	Open to all
Wednesday	
7.00am-11.00am	Open to all
11.05am-12.05pm	Closed – School Use Only
12.10pm-10.00pm	Open to all

Thursday	
7.00am-1.50pm	Open to all
1.55pm-2.55pm	Closed – School Use Only
3.00pm-10.00pm	Open to all
3.15pm-4.15pm	Active Youth
Friday	
7.00am-8.45am	Open to all
8.50am-10.50am	Closed – School Use Only
10.55am-1.50pm	Open to all
1.55pm-2.55pm	Closed – School Use Only
3.00pm-10.00pm	Open to all
3.15pm-4.15pm	Active Youth
Saturday	
8.00am-5.00pm	Open to all
Sunday	
9.00am-6.00pm	Open to all

The gym is only closed for the 'school use' sessions during term time.

	PAY AS YOU GO		PRIVILEGE MEMBER	
	PEAK	OFF PEAK	PEAK	OFF PEAK
Gym	£7.80	£6.80	£7.30	£6.30
60+		£5.70		£5.70
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

INDUCTION	The induction will take up to 60 minutes and involve a qualified gym instructor explaining and demonstrating how to use the equipment.
PERSONAL TRAINING	Personal trainers are available. Please contact reception for more information.
ACTIVE YOUTH	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.
FORWARD TO HEALTH	<p>This is a 12-week exercise programme designed for people with medical conditions where exercise will improve health. The programme costs £60 for a 12-week programme and includes:</p> <ul style="list-style-type: none"> » 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. » Fully inclusive of gym sessions, exercise classes and swimming at all of our leisure centres. » A personal 12-week gym-based exercise programme to meet your individual fitness and medical needs. » Ongoing support from your instructor throughout the 12 weeks
HEALTH CHECKS	<p>Available Free of charge for all members. Health checks include:</p> <p>Weight, height, BMI, body fat and blood pressure.</p> <p>Non-members can also book in for a Health check at a cost of £5.00.</p> <p>Ask at reception for more information.</p>
FITNESS PROGRAMMES	<p>Available Free of charge for all members. The fitness instructor will create a bespoke programme to suite your needs.</p> <p>Non-members can also book in for a programme at a cost of £5.00.</p> <p>Ask at reception for more information.</p>

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