

Gym

Cheslyn Hay Leisure Centre

Monday		Thursday	
Open for public use	06:45am – 10:00pm	Open for public use	06:45am-10:00pm
Tuesday		Friday	
Open for public use	06:45am -11:00am	Open for public use	06:45am -11:00am
<u>Closed of school use</u>	<u>11:00am-12:30am</u>	<u>Closed for school use</u>	<u>11:00am-3:00pm</u>
Open for public use	12:30am-1:30pm	Open for public use	3:00pm-9:30pm
<u>Closed for School Use</u>	<u>1:30-3:00pm</u>	Saturday	
Open for public use	3:00pm-10:00pm	Open for public use	08:00am-6:00pm
Wednesday		Sunday	
Open for public use	06:45am-10:00pm	Open for public use	08:00am-6:00pm
Active Youth	7:15pm-8:15pm		

The gym is only closed for school use during term-time. During school holidays, the gym will remain open for use at all times.



SCAN ME

PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
Gym	£8.00	£7.20
Active youth	£2.60	£2.30

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

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.
PERSONAL TRAINING	Personal trainers are available. Please contact reception for more information.
60+ FITNESS	Discounted access to the gym for people over 60. Weekdays between 10:00-12:00. The gym will remain open to all other customers.
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	A 12-week exercise programme designed for people with medical conditions with the aim of increasing physical activity to improve health. The programme includes: <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 our leisure centres. • Nutritional advice and 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	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 fee. Ask at reception for more information.
FITNESS PROGRAMMES	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 fee. Ask at reception for more information.
TOTAL FITNESS SOLOUTIONS LTD	Practical and Sports Rehabilitation Clinic Physiotherapy & Injury treatment Contact Paul Taylor 07803582866

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