

Exercise Classes

Codsall Leisure Centre

TIME	CLASS
Monday	
7.15am-8.00am	Studio Cycle
8.00am-8.45am	Pilates
8.45am-9.30am	Yoga
10.00am-10.45am	Tai Chi
11.00am-11.45am	Boxercise
12.00pm-12.45pm	Studio Cycle
5.00pm-5.45pm	Body Impact
5.45pm-6.30pm	Studio Cycle
6.00pm-7.00pm	Zumba
7.00pm-8.00pm	Cardio Combat
7.05pm-7.50pm	Aqua Aerobics
7.05pm-7.35pm	Gym Hiit
7.30pm-8.15pm	Studio Cycle
8.00pm-9.00pm	Pilates
8.30pm-9.00pm	Core
Tuesday	
7.15am-8.00am	Studio Cycle
7.45am-8.30am	Yoga
11.15am-12.00pm	Strengthen Up
11.50am-12.20pm	Gym Hiit
12.45pm-1.30pm	Studio Cycle
6.15pm-7.00pm	Studio Cycle
6.30pm-7.15pm	Strengthen Up
7.30pm-8.15pm	Total Body Conditioning
8.30pm-9.15pm	Vinyasa Yoga
Wednesday	
7.15am-8.00am	Studio Cycle
8.00am-8.45am	Pilates
8.15am-8.45am	Gym Hiit
11.30am-12.00pm	Kung Fu Chi Gong
12.10pm-12.40pm	Gym Hiit
12.45pm-1.30pm	Studio Cycle
4.00pm-4.45pm	50+
5.30pm-6.15pm	TRX
6.30pm-7.15pm	Bounce & Tone
6.30pm-7.15pm	Studio Cycle
7.30pm-8.15pm	Legs, Bums & Tums
8.30pm-9.15pm	Yoga

TIME	CLASS
Thursday	
7.15am-8.00am	Studio Cycle
7.45am-8.30am	Yoga
10.20am-10.50am	Hiit
11.00am-11.45am	Studio Cycle
11.15am-12.15pm	Nordic Walking
5.15pm-6.00pm	Core & TRX
6.00pm-6.45pm	Studio Cycle
6.15pm-7.00pm	Dance Fit
7.00pm-7.45pm	Pilates
7.30pm-8.15pm	Boxercise
7.45pm-8.15pm	Gym Hiit
Friday	
7.15am-8.00am	Studio Cycle
7.45am-8.30am	Yoga
11.00am-12.00pm	Tai Chi
12.30pm-1.15pm	Studio Cycle
12.45pm-13.30pm	50+
Saturday	
8.15am-9.00am	Studio Cycle
8.15am-9.00am	TRX
9.30am-10.25am	Weights & Plates
10.30am-11.15am	Studio Cycle
10.30am-11.20am	Zumba
11.30am-12.15pm	Boxercise
12.30pm-2.30pm	Family Kickboxing
Sunday	
9.00am-10.00am	Kettle Bells
10.15am-11.00am	Studio Cycle

	Pay as you go	Advantage
Exercise Class	£6.50	£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

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CLASS DESCRIPTIONS

<u>AQUA AEROBICS</u>	Aqua aerobics is a great cardiovascular pool-based workout. It gently increases your pulse and breathing rate, so it's great for helping to improve your heart health. It strengthens and tones muscles using the resistance of the water and engaging opposing muscle groups in each movement as you push and pull against it.
<u>BODY IMPACT</u>	Body Impact combines body weight, muscle conditioning and cardio to build both strength and stamina. This class is sure to raise your heart rate, burn calories and build stamina to improve coordination and agility.
<u>BOXERCISE</u>	Boxercise is a high intensity interval training class which features a combination of cardio and resistance training. The class will include boxing elements enabling you to punch your way to fitness. Boxercise will increase the heartrate, burn calories, improve coordination, and help to reduce anxiety and stress.
<u>CARDIO COMBAT</u>	Cardio combat is a martial arts inspired cardiovascular workout consisting of combining punches and kicks. The class is a great way to burn calories, improve fitness and increase strength.
<u>GYM HIIT</u>	This class is in the gym and uses high intensity interval training whilst moving around the gym equipment. High Intensity Interval Training is an effective cardio and toning class which will raise the heart rate, improving general fitness and endurance and is sure to blast the calories away.
<u>STUDIO CYCLING</u>	Studio cycling is a high intensity and motivational Indoor cycling workout. Indoor cycling will help you shed fat, improve your heart health, and boost your muscle endurance. Your legs will get a serious workout and by the end of class, your body will release a steady stream of feel-good endorphins.

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