

Gym

Codsall Leisure Centre

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

**** Closures only apply during term-time.**



For the most up to date timetable please scan the QR code to view our website.

Sign up to our Leisure Hub digital platform for online bookings and transactions.

PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
Gym	£8.00	£7.20
60+ session	£5.80	£5.30
Induction	£15.00	£15.00
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.
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. • 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.

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