

## Gym

### Penkridge Leisure Centre

Monday	
6:30am-10pm	Gym open
9:45am-11:30am	Gym inductions available
10am-12pm	60+ Session
Tuesday	
6:30am-10pm	Gym open
3:45pm-4:45pm	Active Youth (ages 13-16)
10am-12pm	60+ Session
Wednesday	
6:30am-10pm	Gym open
7pm-9pm	Gym inductions available
10am-12pm	60+ Session

Thursday	
6:30am-10pm	Gym open
1pm-3pm	Gym inductions available
10am-12pm	60+ Session
Friday	
6:30am-9pm	Gym open
10am-12pm	Gym inductions available
3:45pm-4:45pm	Active Youth (ages 13-16)
10am-12pm	60+ Session
Saturday	
9am-4:30pm	Gym open
12:15pm-4pm	Gym inductions available (alternating weeks; please call to book)
Sunday	
9am-4:30pm	Gym open



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 (Between 10am-12pm weekdays)	£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](mailto:cheslynhay@sstaffs.gov.uk)

Codsall Leisure Centre • Tel: 01902 844032 • Email: [codsall@sstaffs.gov.uk](mailto:codsall@sstaffs.gov.uk)

Penkridge Leisure Centre • Tel: 01785 714152 • Email: [penkridge@sstaffs.gov.uk](mailto:penkridge@sstaffs.gov.uk)

Wombourne Leisure Centre • Tel: 01902 898202 • Email: [wombourne@sstaffs.gov.uk](mailto: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.
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 – 15-year-olds. Includes an induction during the first session. A consent form must be signed by a parent before the induction can commence. The gym will remain open to all other customers.
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"> <li>• 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.</li> <li>• Fully inclusive of gym sessions, exercise classes and swimming at all our leisure centres.</li> <li>• Nutritional advice and a personal 12-week gym-based exercise programme to meet your individual fitness and medical needs.</li> <li>• Ongoing support from your instructor throughout the 12 weeks.</li> </ul>
HEALTH CHECKS	Available and 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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