

Toning Suites

Penkridge Leisure Centre

Our six Easytone chairs are designed to provide a circuit that will exercise and stretch all the major muscle groups in the body, whilst at the same time stimulating the muscles and improving circulation.

Free trials available on request.

Monday	
7am – 9:30pm	Available for booking
Tuesday	
7am – 9:30pm	Available for booking
Wednesday	
7am – 9:30pm	Available for booking
Thursday	
7am – 9:30pm	Available for booking
Friday	
7am – 8:30pm	Available for booking
Saturday	
9am – 4:30pm	Available for booking
Sunday	
9am – 4:30pm	Available for booking

PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
First session (Free Trial)	Free	Free
Single session	£7.30	£6.60

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