

# Exercise Classes

## Cheslyn Hay Leisure Centre

TIME	CLASS
<b>Monday</b>	
09:15am-10:00am	Vibe Cycle 45
6:00pm-6:45pm	Cardio Box 45
6:45pm-7:30pm	Vibe Cycle 45
7:00pm-7:45pm	TRX 45
8:00pm-9:00pm	Get Fit With John
8:00pm-8:30pm	Gym Hiit 30
<b>Tuesday</b>	
09:30am-10:30am	Pilates 60
12:00pm-1:00pm	Tai Chi 60
6:45pm-7:45pm	Vinyasa Yoga
6:00pm-6:45pm	Step and Tone 45
6:45pm -7:30pm	Core & Stretch 45
7:00pm-7:45pm	Vibe Cycle 45
8:00pm-8:45pm	Body Pump 45
<b>Wednesday</b>	
09:15am-10:00am	Vibe Cycle 45
5:45pm-6:30pm	Body Skulpt 45
6:15pm-7:00pm	Vibe Cycle 45
6:30pm-7:15pm	TRX 45
7:15pm-8:15pm	Active Youth (Ages 13-16)
7:45pm-8:30pm	Aqua Aerobics

TIME	CLASS
<b>Thursday</b>	
09:20am-10:20am	Pilates 60
10:30am-11:30am	Yogalates 60
6:00pm-6:30pm	Tabata 30
6:15pm-7:00pm	Vibe Cycle 45
6:30pm-7:15pm	Bounce And Step 45
6:45pm-7:15pm	Gym Hiit 30
7:30pm-8:15pm	PT With MT 45
<b>Friday</b>	
09:20am-10:20am	Pilates 60
6:00pm-6:45pm	Body Pump 45
7:00pm-7:45pm	Vibe Cycle 45
<b>Saturday</b>	
08:45am-09:15am	Core and More
09:15am-10:00am	Vibe Cycle 45
09:30am-10:15am	Trio Fit 45
<b>Sunday</b>	
10:00am-10:45am	Vibe Cycle 45



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
Exercise Class	£6.50	5.80

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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## CLASS DESCRIPTIONS

Vibe Cycle 45	Vibe Cycle Is A Great Fun Workout, Each Participant Is In Total Control Of Their Own Resistance Level. It Is A Fantastic Way Of Getting Fit And Burning Plenty Of Calories.
Cardio Box 45	A Workout Combination Between Cardio And Boxing
TRX 45	The Trx Suspension Trainer Is The Original Total Body Workout System That Leverages Gravity And Your Body Weight To Perform Hundreds Of Exercises. You're In Control Of How Much You Want To Challenge Yourself On Each Exercise.
Get Fit With John	Get Fit With John - All Round Circuit Class For All Abilities (indoors And Outdoors).
Gym Hiit 30	Gym Hiit Is High Intensity Interval Training Located Down The Fitness Suite Using Gym Equipment.
Pilates 60	A Workout Designed To Improve Your Flexibility, Mobility And To Increase Your Core Strength.
Tai Chi 60	Specifically Designed For Arthritis And Fall Prevention. Calm Your Mind And Strengthen Your Body Whilst Improving Concentration, Co-ordination And Balance.
Vinyasa Yoga	Vinyasa Yoga Is A Style Of Yoga Characterized By Stringing Postures Together So That You Move From One To Another.
Step and Tone 45	A Great Aerobic Fitness And Conditioning Class Step Is Combined With The Use Of Light Weights.
Core & Stretch 45	A Low Impact Workout That Focuses Upon Strengthening The Core And Reducing The Waist.
Body Pump 45	Body pump Is A Barbell Workout Designed To Get You Lean, Toned And Fit.
Body Skulpt 45	A Weight Class Aimed At Targeting Specific Muscle Groups.
Active Youth (Ages 13-16)	Active Youth 60 - 13 To 16 Years Only.
Aqua Aerobics Aqua Aerobics	A Fitness Class Based In the Swimming Pool. Focusing On Cardio And Water Based Weights
Yogalates 60	Yogalates Is A Fusion Of Yoga And Pilates. Building Strength, Mobility And Flexibility.
Tabata 30	A Great Quick Fitness Class Mixing Weights And Cardio
Bounce And Step 45	A Great Aerobic Fitness And Conditioning Class, Which Includes The Use Of Various Equipment Including Steps And Mini Trampolines.
PT With MT 45	A Group of 4 People .Personal Training Session Based Down The Gym With Our Personal Trainer.
Core and More	Core & More Is A Low Impact But Highly Effective Class That Focuses Wholly On The Core
Trio Fit 45	Trio Fit Is - Step, Aerobics And Body Toning Exercises To Achieve A Total Body Workout.

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