

# Gym

## Cheslyn Hay Leisure Centre

Monday	
6.45am – 10pm	Open for public use
Tuesday	
6.45am -11am	Open for public use
11am-12.30pm	Closed for school use. (Applies Term-time only).
12.30am-1.30pm	Open for public use
1.30pm-3pm	Closed for school use. (Applies Term-time only).
3pm-10pm	Open for public use
Wednesday	
6.45am-10pm	Open for public use
7.15pm-8.15pm	Active Youth

Thursday	
6.45am-10pm	Open for public use
Friday	
6.45am -11am	Open for public use
11am-3pm	Closed for school use. (Applies Term-time only).
3pm-9.30pm	Open for public use
Saturday	
6.45am-6pm	Open for public use
Sunday	
7.45am-6pm	Open for public use

### PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
<b>Gym</b>	£8.00	£7.20
<b>Active youth</b>	£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)

## 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. It is recommended that new users attend a pre-booked gym induction prior to use where an instructor will induct you on how to use the equipment. More experienced gym users can use the gym without attending an induction however users will be required to sign and agree to a Health Commitment Statement before use.
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. 13-15 year olds can attend the gym at any other time providing they are accompanied by a participating parent/guardian over the age of 18.
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 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.
TOTAL FITNESS SOLUTIONS LTD.	Practical and Sports Rehabilitation Clinic Physiotherapy & Injury treatment Contact Paul Taylor 07803582866

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