

Exercise Classes

Penkridge Christmas Exercise Class Timetable 2024

Monday 30th December – Sunday 5th January 2025

TIME	CLASS
Monday 30th December	
8am – 8:45am	Aqua Aerobics
6pm – 7pm	Walking Football
7:15pm – 8pm	Studio Cycle
Tuesday 31st December	
8:15am – 9am	Body Conditioning
Wednesday 1st January 2025	
	Centre Closed

Thursday 2nd January	
8:15am-9:15am	Core and Stretch
3:45pm-4:45pm	Active Youth (age 13-16)
7pm-8pm	Tai Chi
7:15pm-8pm	Aqua Aerobics
6pm-7pm	Walking Football
Friday 3rd January	
9:15am – 10:15am	Pilates
9:15am-10am	Aqua Aerobics
Saturday 4th January	
9:15am-10am	Yoga
Sunday 5th January	
9:45 -10:30am	Legs, Bums and Tums

PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
Exercise Class	£6.50	£5.80
My Ride	£6.50	£5.80

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