

Exercise Classes

Codsall Leisure Centre

TIME	CLASS
Monday	
7.15am-8am	Studio Cycle
8am-8.45am	Pilates
10am-10.45am	Tai Chi
11am-11.45am	Boxercise
12pm-12.45pm	Studio Cycle
12pm-12.45pm	Strengthen Up
1pm-1.45pm	Circuit impact training
5pm-5.45pm	Body Impact
5.45pm-6.30pm	Studio Cycle
6pm-7pm	Zumba
7pm-8pm	Weights & Plates
7pm-7.45pm	Studio Cycle
7.05pm-7.50pm	Aqua Aerobics
7.05pm-7.35pm	Gym HIIT
7.55pm-8.25pm	Core
8pm-9pm	Pilates
Tuesday	
7.15am-8am	Studio Cycle
7.30am-8.15am	Aqua Aerobics
7.45am-8.30am	Yoga
11.50am-12.20pm	Gym HIIT
12.30pm-1.15pm	Studio Cycle
5.45pm-6.30pm	Studio Cycle
6.30pm-7.15pm	Strengthen Up
7.30pm-8.15pm	Total Body Conditioning
8.30pm-9.15pm	Vinyasa Yoga
Wednesday	
7.15am-8am	Studio Cycle
7.45am-8.30am	Pilates
8.15am-8.45am	Gym HIIT
8.45am-9.30am	Yoga
11.30am-12pm	Kung Fu Chi Gong
12.10pm-12.40pm	Gym HIIT
12.45pm-1.30pm	Studio Cycle
4pm-4.45pm	50+ Circuits
5.30pm-6.15pm	TRX
6.30pm-7.15pm	Bounce & Tone
6.30pm-7.15pm	Studio Cycle
7.30pm-8.15pm	Legs, Bums & Tums
8.30pm-9.15pm	Yoga

TIME	CLASS
Thursday	
7.15am-8am	Studio Cycle
7.45am-8.30am	Yoga
10.20am-10.50am	Gym HIIT
11am-11.45am	Studio Cycle
11am-12pm	Nordic Walking
11.15am-12pm	Strengthen Up
5.15pm-6pm	Core & TRX
6pm-6.45pm	Studio Cycle
6.15pm-7pm	Dance Fit
7pm-7.45pm	Pilates
7.30pm-8.15pm	Boxercise
7.45pm-8.15pm	Gym HIIT
Friday	
7.15am-8am	Studio Cycle
7.45am-8.30am	Yoga
9am-9.45am	50 + Circuits
12.30pm-1.15pm	Studio Cycle
Saturday	
8.15am-9am	Studio Cycle
8.15am-9am	TRX
9.30am-10.25am	Weights & Plates
10.30am-11.15am	Studio Cycle
10.30am-11.20am	Zumba
11.30am-12.15pm	Boxercise
12.30pm-2.30pm	Family Kickboxing
Sunday	
9am-10am	Kettle Bells
10.15am-11am	Studio Cycle

Prices	Pay as you go	Advantage Card
Exercise Class	£6.60	£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

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CLASS DESCRIPTIONS

<p>AQUA AEROBICS</p>	<p>Aqua aerobics is a great cardiovascular pool-based workout. It gently increases your pulse and breathing rate, so it's great for helping to improve your heart health. It strengthens and tones muscles using the resistance of the water and engaging opposing muscle groups in each movement as you push and pull against it.</p>
<p>BODY IMPACT</p>	<p>Body Impact combines body weight, muscle conditioning and cardio to build both strength and stamina. This class is sure to raise your heart rate, burn calories and build stamina to improve coordination and agility.</p>
<p>BOXERCISE</p>	<p>Boxercise is a high intensity interval training class which features a combination of cardio and resistance training. The class will include boxing elements enabling you to punch your way to fitness. Boxercise will increase the heartrate, burn calories, improve coordination, and help to reduce anxiety and stress.</p>
<p>CARDIO COMBAT</p>	<p>Cardio combat is a martial arts inspired cardiovascular workout consisting of combining punches and kicks. The class is a great way to burn calories, improve fitness and increase strength.</p>
<p>GYM HIIT</p>	<p>This class is in the gym and uses high intensity interval training whilst moving around the gym equipment. High Intensity Interval Training is an effective cardio and toning class which will raise the heart rate, improving general fitness and endurance and is sure to blast the calories away.</p>
<p>STUDIO CYCLING</p>	<p>Studio cycling is a high intensity and motivational Indoor cycling workout. Indoor cycling will help you shed fat, improve your heart health, and boost your muscle endurance. Your legs will get a serious workout and by the end of class, your body will release a steady stream of feel-good endorphins. If it's your first time attending a studio cycle class, please arrive 10 minutes early so you can be shown how to set the bike up.</p>

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