

Exercise Classes

Cheslyn Hay Leisure Centre

New Classes and Times Starting 6th October

TIME	CLASS	Instructor
Monday		
7.15am-8am	Leg Bums And Tums	Tracey
9.15am-10am	Vibe Cycle	Claire
6pm-6.45pm	Boxercise	Peter
6.45pm-7.30pm	Vibe Cycle	Kirstie
7pm-7.45pm	TRX Circuits	Peter
8pm-9pm	Circuits Training	John
Tuesday		
8am-9am	Pilates	Dawn
9.30am-10.30am	Pilates	Dawn
12pm-1pm	Tai Chi	Dave
6pm-6.45pm	Step and Tone	Tracy
6.45pm-7.45	Vinyasa Yoga	Nick
6.45pm-7.30pm	Core & Stretch	Tracy
7pm-7.45pm	Vibe Cycle	Kirstie
8pm-8.45pm	Body Power	Kirstie
Wednesday		
6.45am-7.15am	Vibe Cycle	Claire
9.15am-10am	Vibe Cycle	Claire
1pm-1.45pm	Vibe Cycle *New Class*	Diane
5.45pm-6.30pm	Body Conditioning	Diane
6.15pm-7pm	Vibe Cycle	Kirstie
6.30pm-7.15pm	Core And Stretch	Diane
7.45pm-8.30pm	Aqua Aerobics	Diane

TIME	CLASS	Instructor
Thursday		
9.20am-10.20am	Pilates	Dawn
10.30am-11.30am	Yoga	Dawn
1pm-1.45pm	Low Impact Aerobics *New Class*	Diane
5.45pm-6.45pm	HIIT Circuits *New Time*	Peter
6.15pm-7pm	Vibe Cycle	Claire
6.45pm-7.30pm	Bounce And Step *New Time*	Tracy
Friday		
6.45am-7.15am	Vibe Cycle	Claire
9.20am-10.20am	Pilates	Dawn
10.30am-11.30am	Pilates	Dawn
5.30pm-6.30pm	Yoga	Dawn
Saturday		
8.45am-9.15am	Core and More	Tracy
9.15am-10am	Vibe Cycle	Claire
9:30am-10.15am	Trio Fit	Tracy
Sunday		
8.30am-09.15am	Core and More	Tracy

PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
Exercise Class	£6.60	£5.90

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

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.
Boxercise	Boxercise partner work, learning boxing techniques using pads/gloves
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 with each exercise.
Circuit Training	All round circuit class for all abilities (indoors And Outdoors).
Gym Workout 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 Conditioning 45	A full body workout suitable for all levels using resistance, exercising in time to the beat of the music.
Active Youth (Ages 13-15)	Active youth 60 is a session for 13 to 15 years only.
Aqua Aerobics Aqua Aerobics	A fitness class based in the swimming pool. Focusing on cardio and water-based weights
Yoga	A workout 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.
Vibe Dance	Basic aerobics moves with a vibe twist! – A fusion of different dance genes, focusing on simplicity, fun and fantastic music. This is a great feel-good aerobic workout!
Low Impact Aerobics	Low Impact Aerobics provides a calorie burning fitness session with minimal impact on joints. The class consists of low impact exercises which will not only raise the heart rate but also include strength and conditioning aspects to provide a total body workout.

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