

Exercise Classes

Codsall Leisure Centre

TIME	CLASS	Instructor
Monday		
7.15am-8.00am	Studio Cycle	Paul S
8.00am-8.45am	Pilates	Dawn
9.00am-9.45am	Yoga	Dawn
11.00am-11.45am	Boxercise	Paul S
12.00pm-12.45pm	Studio Cycle	Paul S
12.20pm-1.05pm	Strengthen Up	Sue
1.10pm-1.55pm	Circuit impact training	Paul S
5.00pm-5.45pm	Body Impact	Paul S
5.45pm-6.30pm	Studio Cycle	Paul S
6.00pm-7.00pm	Zumba	Nickyta
7.00pm-8.00pm	Weights & Plates	Nickyta
7.00pm-7.45pm	Studio Cycle	Chris
7.05pm-7.50pm	Aqua Aerobics	Sue
7.05pm-7.35pm	Gym HIIT	Carl
7.55pm-8.25pm	Core	Chris
8.00pm-9.00pm	Pilates	Nickyta
Tuesday		
7.15am-8.00am	Studio Cycle	Paul S
7.30am-8.15am	Aqua Aerobics	Carl
7.45am-8.30am	Yoga	Hansa
11.50am-12.20pm	Gym HIIT	Paul S
12.30pm-1.15pm	Studio Cycle	Paul S
5.45pm-6.30pm	Studio Cycle	Paul J
6.30pm-7.15pm	Strengthen Up	Sue
7.30pm-8.15pm	Total Body Conditioning	Sue
8.30pm-9.15pm	Vinyasa Yoga	Nick
Wednesday		
7.15am-8.00am	Studio Cycle	Paul J
7.45am-8.30am	Pilates	Dawn
8.15am-8.45am	Gym HIIT	Paul J
11.30am-12.00pm	Kung Fu Chi Gong	Paul S
12.10pm-12.40pm	Gym HIIT	Paul S
12.45pm-1.30pm	Studio Cycle	Paul S
1.00pm-1.45pm	Tai Chi	David
4.00pm-4.45pm	50+ Circuits	Carl
5.30pm-6.15pm	TRX	Paul J
6.30pm-7.15pm	Bounce & Tone	Sue
6.30pm-7.15pm	Studio Cycle	Paul J
7.30pm-8.15pm	Legs, Bums & Tums	Sue
8.30pm-9.15pm	Yoga	Dawn

TIME	CLASS	Instructor
Thursday		
7.15am-8.00am	Studio Cycle	Carl
7.45am-8.30am	Yoga	Hansa
9.00am-9.45am	Seated Yoga	Hansa
10.20am-10.50am	Gym HIIT	Carl
11.00am-11.45am	Studio Cycle	Carl
11.00am-12.00pm	Nordic Walking	Paul S
11.15am-12.00pm	Strengthen Up	Sue
5.15pm-6.00pm	Core & TRX	Paul S
6.00pm-6.45pm	Studio Cycle	Paul S
6.15pm-7.00pm	Dance Fit	Dawn
7.00pm-7.45pm	Pilates	Dawn
7.30pm-8.15pm	Boxercise	Paul S
7.45pm-8.15pm	Gym HIIT	Carl
Friday		
7.15am-8.00am	Studio Cycle	Prav
7.45am-8.30am	Yoga	Hansa
12.30pm-1.15pm	50 + Circuits	Carl
12.30pm-1.15pm	Studio Cycle	Sam
Saturday		
8.15am-9.00am	Studio Cycle	Prav
8.15am-9.00am	TRX	Paul J
9.30am-10.25am	Weights & Plates	Nickyta
10.30am-11.15am	Studio Cycle	Paul S
10.30am-11.20am	Zumba	Nickyta
11.30am-12.15pm	Boxercise	Paul S
12.30pm-2.30pm	Family Kickboxing	Chris J
Sunday		
9.00am-10.00am	Kettle Bells	Paul S
10.15am-11.00am	Studio Cycle	Yvonne

Prices	Pay as you go	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

<u>AQUA AEROBICS</u>	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.
<u>BODY IMPACT</u>	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.
<u>BOXERCISE</u>	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.
<u>CARDIO COMBAT</u>	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.
<u>GYM HIIT</u>	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.
<u>STUDIO CYCLING</u>	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.

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