

Affordable fitness with South Staffordshire Council's leisure centres

Gym

Wombourne Leisure Centre

Monday	
6.45am-9.30pm	Open for use
9am-12pm	Inductions / Fitness consultations
10am-12pm	60 + session
5pm-7pm	Inductions
Tuesday	
6.45am-9.30pm	Open for use
9am-12.30pm	Inductions / Fitness consultations
10am-12pm	60 + session
3pm-4pm	Inductions / Fitness consultations
4pm-5pm	Active youth
5pm-6pm	Inductions / Fitness consultations
Wednesday	
6.45am-9.30pm	Open for use
9am-12pm	Inductions / Fitness consultations
10pm-12pm	60 + session
3pm-4pm	Gym closed to the public
4pm-5pm	Active youth

Thursday	
6.45am-9.30pm	Open for use
9am-12pm	Inductions / Fitness consultations
10am-12pm	60 + session
5pm-7pm	Inductions / Fitness consultations
Friday	
6.45am-9.30pm	Open for use
7am-8.30am	Inductions / Fitness consultations
10am-12pm	60 + session
3pm-4pm	Inductions / Fitness consultations
4pm-5pm	Active youth
Saturday	
8am-8pm	Open for use
9.30am-11.30am	Inductions / Fitness consultations
Sunday	
7.30am-7pm	Open for use



SCAN ME

For the most up to date timetable please scan the QR code to view our website.

Sign up to our Leisure Hub digital platform for online bookings and transactions.

PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
Gym	£8.20	£7.40
60+ session (Between 10am-12pm weekdays)	£6.00	£5.40
Induction	£15.00	£15.00
Active youth	£2.70	£2.40

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

www.sstaffs.gov.uk/leisure • leisure@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	<ol style="list-style-type: none"> 13+ Access with Guardian: Young people aged 13+ can attend the gym at any time when accompanied by a participating parent/guardian. (13-year-olds can no longer independently attend Active Youth sessions). Active Youth for 14+: <ul style="list-style-type: none"> Active Youth sessions are now for 14–15-year-olds. Active Youth Weights <ul style="list-style-type: none"> 14-15-year-olds: Can use fixed weights equipment with a maximum weight of 5kg, during Active Youth sessions. 14–15-year-olds are not permitted to use free weights. 16+ only: Free weights are available for use.
FORWARD TO HEALTH	<p>A 12-week exercise programme designed for people with medical conditions with the aim of increasing physical activity to improve health. The programme includes:</p> <ul style="list-style-type: none"> 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. Fully inclusive of gym sessions, exercise classes and swimming at all our leisure centres. Nutritional advice and a personal 12-week gym-based exercise programme to meet your individual fitness and medical needs. Ongoing support from your instructor throughout the 12 weeks.
HEALTH CHECKS	<p>Available and free of charge to all members. Health checks include: Weight, height, BMI, body fat and blood pressure.</p> <p>Non-members can also book in for a Health check at a fee. Ask at reception for more information.</p>
FITNESS PROGRAMMES	<p>Available and free of charge to all members. The fitness instructor will create a bespoke programme to suit your needs.</p> <p>Non-members can also book in for a programme at a fee. Ask at reception for more information.</p>

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