

Exercise Classes

Penkridge Leisure Centre - Exercise Class Timetable

TIME	CLASS	INSTRUCTOR
Monday		
8am-8.45am	Aqua Aerobics	Gary
11am – 12pm	Tai Chi	David
6pm-7pm	Walking Football	N/A
7.15pm-8pm	Studio Cycle	Paul
7pm-8pm	Penkridge Social Netball	N/A
Tuesday		
8.15am-9am	Body Conditioning	Vicki
9.15am-10am	Studio Cycle	Teresa
3.45pm-4.45pm	Active Youth (age 14-15 years)	Gary
6pm-7pm	Pilates	Teresa
7.15pm-8pm	Aqua Aerobics	Gary
7.15pm-8pm	Vibe Dance	Lindsay
7.15pm-8pm	Studio Cycle	Teresa
Wednesday		
8.25am – 9.10am	Aqua Aerobics	Vicki
9.15am-10am	Aqua Aerobics	Vicki
9.15am-10:15am	Pilates	Teresa
6.15pm-7pm	Studio Cycle	Teresa

TIME	CLASS	INSTRUCTOR
Thursday		
8.15am-9am	Core and stretch	Tracy
3.45pm-4.45pm	Active Youth (age 14-15 years)	
7.15pm-8pm	Aqua Aerobics	Caroline
7.15pm-8pm	Vibe Step	Lindsay
Friday		
8.25am – 9.10am	Aqua Aerobics	Vicki
9.15am-10.15am	Pilates	Teresa
9.15am-10am	Aqua Aerobics	Vicki
Saturday		
9.15am-10am	Yoga	Sharlene
Sunday		
9.45am-10.30am	Legs, Bums and Tums	Tracy

PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
Exercise Class	£6.60	£5.90
Walking Football	£4.00	£3.60
Penkridge Social Netball	£5.20	£4.70
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

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CLASS DESCRIPTIONS

AQUA AEROBICS	Aqua aerobics is a 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.
BODY CONDITIONING	Body Conditioning combines strength and flexibility exercises to increase muscular strength and endurance. The class is a great way to help shape and tone muscles and help lower body fat.
CORE AND STRETCH	Core and Stretch focuses on working the abdominal muscles to strengthen the core while also improving the flexibility of the rest of the body. This workout assists with increasing strength and toning the stomach. Good core strength provides a range of benefits including improving posture and balance.
Vibe Dance	Dance fit is an exercise class that incorporates forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity.
LEGS, BUMS AND TUMS	This class provides a full body aerobic and toning workout with the focus on the lower body. Legs, Bums & Tums will help to increase your stamina and endurance, build strength, and increase overall energy levels.
PILATES	Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. It is a great form of exercise for strengthening and relieving back pain but can also be used to help with injury prevention and for rehabilitation purposes.
STUDIO CYCLE	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.
TAI CHI	Tai Chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.
WALKING FOOTBALL	Walking Football is the perfect fit for everyone who wants to play football for longer, make new friends, get out of the house and stay active. With no running, jogging or heading – and tackling with reduced physical contact – Walking Football is a fun and safe way for players to enjoy football and socialise together.
YOGA	Yoga uses the mind and body to build strength and flexibility. Yoga is also a great practise to help manage pain and reduce stress.

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