

Exercise Classes

Cheslyn Hay Leisure Centre

TIME	CLASS	Instructor
Monday		
7.15am-8am	Leg Bums And Tums NEW!	Tracey
9.15am-10am	Vibe Cycle	Claire
6pm-6.45pm	Cardio Box	Mitch
6.45pm-7.30pm	Vibe Cycle	Kirstie
7pm-7.45pm	TRX	Mitch
8pm-9pm	Get Fit With John	John
8pm-8.30pm	Gym Hiit	Mitch
Tuesday		
8am-9am	Pilates NEW!	Dawn
9.30am-10.30am	Pilates	Dawn
12pm-1pm	Tai Chi	Dave
6pm-6.45pm	Step and Tone	Tracey
6.45pm-7.45	Vinyasa Yoga	Nick
6.45pm-7.30pm	Core & Stretch	Tracey
7pm-7.45pm	Vibe Cycle	Kirstie
8pm-8.45pm	Body Pump	Kirstie
Wednesday		
6.45am-7.15am	Vibe Cycle NEW!	Claire
9.15am-10am	Vibe Cycle	Claire
5.45pm-6.30pm	Body Skulpt	Mitch
6.15pm-7pm	Vibe Cycle	Kirstie
6.30pm-7.15pm	TRX	Mitch
7.15pm-8.15pm	Active Youth (Ages 13-16)	Emily
7.45pm-8.30pm	Aqua Aerobics	Mitch

TIME	CLASS	Instructor
Thursday		
9.20am-10.20am	Pilates	Dawn
10.30am-11.30am	Yoga NEW!	Dawn
6pm-6.30pm	Tabata	Mitch
6.15pm-7pm	Vibe Cycle NEW!	Kirstie
6.30pm-7.15pm	Bounce And Step	Tracey
6.45pm-7.15pm	Gym Hiit	Mitch
7.30pm-8.15pm	Body Pump NEW!	Kirstie
7.30pm-8.15pm	PT With MT	Mitch
Friday		
6.45am-7.15am	Vibe Cycle NEW!	Claire
9.20am-10.20am	Pilates	Dawn
12.15pm-1pm	Leg Bums And Tums NEW!	Nora
1pm-13.45pm	Yoga NEW!	Nora
5.30pm-6.15pm	Vibe Dance NEW!	Catherine
6.15pm-7.00pm	Vibe Cycle NEW!	Claire
Saturday		
8.45am-9.15am	Core and More	Tracey
9.15am-10am	Vibe Cycle NEW!	Claire
9:30am-10.15am	Trio Fit	Tracey
Sunday		
8.30am-09.15am	Core and More NEW!	Tracey
9.30am-10.15am	Vibe Cycle NEW!	Catherine



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
Exercise Class	£6.50	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

www.sstaffs.gov.uk/leisure • leisure@sstaffs.gov.uk

Exercise Classes

CLASS DESCRIPTIONS

Vibe cycle	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.
Cardio box	A workout combination between cardio and boxing
TRX	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 on each exercise.
Get fit with John	Get fit with john - all round circuit class for all abilities (indoors and outdoors).
Gym HIIT	Gym HIIT is high intensity interval training located down the fitness suite using gym equipment.
Pilates	A workout designed to improve your flexibility, mobility and to increase your core strength.
Tai Chi	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	A great aerobic fitness and conditioning class step is combined with the use of light weights.
Core & stretch	A low impact workout that focuses upon strengthening the core and reducing the waist.
Body pump	Body pump is a barbell workout designed to get you lean, toned and fit.
Body Skulpt	A weight class aimed at targeting specific muscle groups.
Active Youth (ages 13-16)	Active youth 60 - 13 to 16 years only.
Aqua aerobics	A fitness class based in the swimming pool. focusing on cardio and water-based weights
Yogalates	Yogalates is a fusion of yoga and Pilates. building strength, mobility and flexibility.
Tabata	A great quick fitness class mixing weights and cardio
Bounce and step	a great aerobic fitness and conditioning class, which includes the use of various equipment including steps and mini trampolines.
PT with MT	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	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!

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