

# Exercise Classes

## Codsall Leisure Centre

TIME	CLASS	Instructor
<b>Monday</b>		
7.15am-8am	Studio Cycle	Paul S
8am-8.45am	Pilates	Dawn
8.45am-9.30am	Yoga	Dawn
10am-10.45am	Tai Chi	David
11am-11.45am	Boxercise	Paul S
12pm-12.45pm	Studio Cycle	Paul S
5pm-5.45pm	Body Impact	Paul S
5.45pm-6.30pm	Studio Cycle	Paul S
6pm-7pm	Zumba	Nickyta
7pm-8pm	Cardio Combat	Nickyta
7.05pm-7.50pm	Aqua Aerobics	Sue
7.05pm-7.35pm	Gym HIIT	Carl
7.30pm-8.15pm	Studio Cycle	Chris A
8pm-9pm	Pilates	Nickyta
8.30pm-9pm	Core	Chris A
<b>Tuesday</b>		
7.15am-8am	Studio Cycle	Paul S
7.45pm-8.30pm	Yoga	Hansa
11.15am-12pm	Strengthen Up	Sue
11.50am-12.20pm	Gym HIIT	Paul S
12.45pm-1.30pm	Studio Cycle	Paul S
6.15pm-7pm	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
<b>Wednesday</b>		
7.15am-8am	Studio Cycle	Paul J
8am-8.45am	Pilates	Dawn
8.15am-8.45am	Gym HIIT	Paul J
11.30am-12pm	Kung Fu Chi Gong	Paul S
12.10pm-12.40pm	Gym HIIT	Paul S
12.45pm-1.30pm	Studio Cycle	Paul S
4pm-4.45pm	50+	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
<b>Thursday</b>		
7.15am-8am	Studio Cycle	Carl
8am-8.30am	Yoga	Hansa
10.20am-10.50am	HIIT	Carl
11am-11.45am	Studio Cycle	Carl
11.15am-12.15pm	Nordic Walking	Paul S
5.15pm-6pm	Core & TRX	Paul S
6pm-6.45pm	Studio Cycle	Paul S
6.15pm-7pm	Dance Fit	Dawn
7pm-7.45pm	Pilates	Dawn
7.30pm-8.15pm	Boxercise	Paul S
7.45pm-8.15pm	Gym HIIT	Carl
<b>Friday</b>		
7.15am-8am	Studio Cycle	Prav
7.45am-8.30am	Yoga	Hansa
11am-12pm	Tai Chi	David
12.30pm-1.15pm	Studio Cycle	Sam
12.45pm-13.30pm	50+	Carl
<b>Saturday</b>		
8.15am-9am	Studio Cycle	Prav
8.15am-9am	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
<b>Sunday</b>		
9am-10am	Kettle Bells	Paul S
10.15am-11.00am	Studio Cycle	Yvonne

\*Please be aware that customers will be required to bring their own exercise mat to classes.

	Pay as you go	Privilege
All Classes	£6.50	£5.80

Cheslyn Hay Leisure Centre • Tel: 01922 417790 • Email: [cheslynhay@sstaffs.gov.uk](mailto:cheslynhay@sstaffs.gov.uk)

Codsall Leisure Centre • Tel: 01902 844032 • Email: [codsall@sstaffs.gov.uk](mailto:codsall@sstaffs.gov.uk)

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# Exercise Classes

## CLASS DESCRIPTIONS

AQUA AEROBICS	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.
BODY IMPACT	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.
BOXERCISE	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.
CARDIO COMBAT	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.
GYM HIIT	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.
STUDIO CYCLING	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.

## PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
Exercise Class	£6.50	£5.80

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