

Gym

Codsall Leisure Centre

Monday	
7.00am-12.15pm	Open to all
12:15pm-3.00pm	Closed – School Use Only
3.00pm-10.00pm	Open to all
3.15pm-4.15pm	Active Youth
Tuesday	
7.00am-10.00am	Open to all
10.00am-11.00am	Closed – School Use Only
11.00am-1.55pm	Open to all
1.55pm-3.00pm	Closed – School Use Only
3.00pm-10.00pm	Open to all
Wednesday	
7.00am-10.00am	Open to all
10.00am-11.00am	Closed – School Use Only
11.00am-10.00pm	Open to all

Thursday	
7.00am-12.50pm	Open to all
12.50pm-3.00pm	Closed – School Use Only
3.00pm-10.00pm	Open to all
3.15pm-4.15pm	Active Youth
Friday	
7.00am-10.00am	Open to all
10.00am-11.00am	Closed – School Use Only
11.00am-1.55pm	Open to all
1.55pm-3.00pm	Closed – School Use Only
3.00pm-10.00pm	Open to all
3.15pm-4.15pm	Active Youth
Saturday	
8.00am-5.00pm	Open to all
Sunday	
9.00am-6.00pm	Open to all

*The gym is only closed for school use sessions during term-time. The gym remains open at all times during the school holidays.



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	£8.00	£7.20
60+ session	£5.80	£5.30
Induction	£15.00	£15.00
Active youth	£2.60	£2.30

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

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	A supervised and discounted gym session for 13 – 15-year-olds. Includes an induction during the first session. A consent form must be signed by a parent before the induction can commence. The gym will remain open to all other customers. 13-15 year olds can attend the gym at any other time providing they are accompanied by a participating parent/guardian over the age of 18.
FORWARD TO HEALTH	A 12-week exercise programme designed for people with medical conditions with the aim of increasing physical activity to improve health. The programme includes: <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	Available and free of charge to all members. Health checks include: Weight, height, BMI, body fat and blood pressure. Non-members can also book in for a Health check at a fee. Ask at reception for more information.

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