

Exercise Classes

Wombourne Leisure Centre

| TIME | CLASS | |
|-----------------|----------------------|-------|
| Monday | | |
| 9.15am-10am | Studio cycling | Tim |
| 9.30am-10.20am | Legs, bums & tums | Vicki |
| 9.45am-10.30am | Yoga | Hansa |
| 10.30am-11.20am | Core | Vicki |
| 10.40am-11.25am | Yoga | Hansa |
| 11.30am-12.15pm | Breathing yoga | Hansa |
| 12.15pm-1pm | Power Pilates | Annie |
| 12.20pm-1.05pm | Seated yoga | Hansa |
| 1.15pm-2pm | Pilates | Annie |
| 2.15pm-3pm | Seated Pilates | Annie |
| 5.40pm-6.25pm | Aqua aerobics | Sam |
| 6pm-6.45pm | Yoga | Hansa |
| 6.30pm-7.15pm | Studio cycling | Prav |
| 6.30pm-7.20pm | Circuits | Sam |
| 7.30pm-8.30pm | Samurai swords | David |
| 7pm-8pm | Tai Chi | David |
| 7.30pm-8.15pm | Strengthen-up | Prav |
| Tuesday | | |
| 9.15am-10am | Studio cycling | Sam |
| 9.30am-10.20am | Body conditioning | Vicki |
| 10.30am-11.20am | Step, stretch & tone | Vicki |
| 11.30am-12.15pm | Pilates | Annie |
| 11.15am-12pm | Aqua aerobics | Sam |
| 11.30am-12.30pm | Tai Chi beginners | David |
| 12.25pm-1.10pm | Pilates | Annie |
| 12.30pm-1.30pm | Tai Chi | David |
| 1.20pm-2.05pm | Pilates | Annie |
| 2.15pm-3pm | Seated pilates | Annie |
| 6pm-6.45pm | Legs, bums & tums | Vicki |
| 6.15pm-7pm | Core Abs | Paul |
| 6.30pm- 7.15pm | Studio cycling | Annie |
| 6.55pm-7.40pm | Bounce and pump | Vicki |
| 7.05pm-7.45pm | Chi gong movement | Paul |
| 7.50pm-8.35pm | Boxercise | Paul |

| TIME | CLASS | |
|------------------|-------------------------|---------|
| Wednesday | | |
| 9.15am-10am | Studio cycling | Prav |
| 9.15am-10am | Stability ball | Odette |
| 9.15am-10am | Pilates | Annie |
| 10.05am-10.50am | Pilates | Annie |
| 10.10am-10.50am | Dance fit | Emma |
| 11am-11.45am | Yoga | Annie |
| 11.55am-12.40pm | Seated Pilates | Annie |
| 5.45pm-6.30pm | Yoga | Hansa |
| 5.45pm-6.30pm | TRX | Paul |
| 6.30pm-7.15pm | Studio cycling | Tim |
| 6.40pm-7.25pm | Yoga | Hansa |
| 6.45pm-7.30pm | Box fit | Bill |
| Thursday | | |
| 8.30am-9.15am | Zumba | Lisa |
| 9.15am-10am | Studio cycling | Sam |
| 9.30am-10.20am | Multi fit | Annie |
| 10.10am-11am | Low impact aerobics | Sam |
| 10.30am-11.20am | Circuits | Annie |
| 11.30am-12.15pm | Pilates | Annie |
| 11.30am-12.30pm | Tai chi | David |
| 12.30pm-1.30pm | Tai chi fan | David |
| 5.40pm-6.25pm | Pilates | Annie |
| 6pm-7pm | Zumba | Nickyta |
| 6.30pm-7.15pm | Studio cycling | Annie |
| 7.15pm-8pm | Weights, cardio & core | Prav |
| Friday | | |
| 8.30am-9.15am | Core | Paul |
| 9.30am-10.15am | Studio cycling | Paul |
| 9.30am-10.20am | Aerobic combo | Annie |
| 9.45am-10.30am | Yoga | Hansa |
| 10.30am-11am | Gym HIIT | Paul |
| 10.30am-11.25am | Resistance band workout | Annie |
| 10.40am-11.25am | Yoga | Hansa |
| 11.30am-12.15pm | Seated yoga | Hansa |
| 5.30pm-6pm | Core | Tim |
| 6pm-6.30pm | HITT | Tim |
| 6.30pm-7.15pm | Studio cycling | Prav |

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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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| TIME | CLASS |
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| Saturday | |
| 8am-8.45am | Boxercise – Paul |
| 9am-9.45am | Studio cycling - Paul |
| 9am-9.45am | Box fit - Bill |

| TIME | CLASS |
|---------------|--------------------------|
| Sunday | |
| 9am-9.45am | Studio cycling - Tim |
| 9am-9.50am | Cardio combat - Odette |
| 10am-11am | Legs bums and tums - Tim |

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



www.sstaffs.gov.uk/leisure

Studio Cycling

or online bookings and

There will be times in the cycle studio where there are no programmed classes, during these times, customers can access the facility and choose their own virtual class. There are two types of my ride classes to choose from-

Tour Coach

Tour the world with the My Ride World Tour Challenges.

The ultimate My Ride experience using forward motion video which will make you feel like you're travelling through a location just like you would in normal life!

Studio Coach

Classes delivered by a My Ride virtual coach

There are 3 class options:

- Class - 50 minutes (approx.)
- Fast class – 30 mins (approx.)
- Drills – intense 17-minute class



SCAN ME

PRICES

| | PAY AS YOU GO | LEISURE ADVANTAGE CARD |
|----------------|---------------|------------------------|
| Exercise Class | £6.50 | £5.80 |
| My Ride | £6.50 | £5.80 |

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Exercise Classes

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. |
| AEROBIC BLITZ | Aerobic Blitz is a high energy cardiovascular workout to raise the heartrate and improve general fitness. The class also features strength work and is a great all-round workout to help you lose weight and tone muscles. |
| AEROBIC COMBO | This is a total body workout class using a variety of aerobic exercise methods. Aerobic combo is accessible to all, with a choice of hi or low impact cardio exercises. |
| 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. |
| BOXFIT | Box Fit is a high impact class which utilises all the training techniques of a professional boxer. Box Fit gives an all over body workout along with teaching you boxing skills. |
| 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. |
| BOUNCE AND PUMP | Bounce and Pump is an aerobic workout that is performed while jumping on a mini trampoline. Jumps can be fast or slow, and the session consists of an aerobic workout on the trampolines in addition to strength work using barbells. The workout is a great way to engage the muscles, increasing strength and endurance and provide a conditioning class to sculpt and tone the whole body. |

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| BREATHING YOGA | The breath aspect of yoga is known as pranayama in Sanskrit. "Prana" means "life-force", whilst "ayama" means "stretching". Yoga practitioners use the breath to calm the mind, and the physical postures help to focus on the breath. |
| 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. |
| CHI GONG MOVEMENT | Chi gong was developed in China thousands of years ago as part of a traditional Chinese medicine. It involves using exercises to optimise energy within the body, mind and spirit, with the goal of improving and maintaining health and wellbeing. |
| CIRCUITS | Circuit training provides many benefits such as increased strength and muscular endurance, better heart healthy and mood. It will also help to promote weight loss as being set around a series of different workstations, it provides a versatile workout which will ensure every muscle group is worked |
| CORE ABS | Core Abs focuses on working the abdominal muscles to strengthen the core. This workout assists with increasing strength and toning the stomach. Core Abs provides a range of benefits including improving posture and balance. |
| CORE | Core focuses on engaging the abdominal muscles to strengthen the core. The class provides a range of benefits including improving muscle tone, posture, and balance. |
| DANCE FIT | 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. |
| 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. |
| HIIT | 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. |
| LEGS, BUM'S, 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. |

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| LOW IMPACT AEROBICS | Low Impact Aerobics provides a calorie burning fitness session with minimal impact on joints. The class consists of low impact exercises which will not only raise the heartrate but also include strength and conditioning aspects to provide a total body workout. |
| MULTI FIT | This is a total body workout class using a variety of equipment to perform various exercises. Multi Fit is accessible to all, with a choice of hi or low impact cardio exercises. |
| 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. Like Yoga, Pilates concentrates on posture, balance, and flexibility. 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. |
| POWER PILATES | Power Pilates is similar to traditional Pilates but with more controlled movements, intensity, and variations. It involves incorporating weights, bands, and balls. |
| RESISTANCE BAND WORKOUT | This is a non-impact class involving a series of exercises using different types of resistance band. This class is designed to help strengthen and tone for a full body workout. |
| SAMURI SWORDS | Mugai Ryu is an old, authentic martial art of the Samurai. It goes back to the year 1693 and is still taught in its pure form. The art embodies the essence of Japanese sword fighting and the way of Zen. Mugai Ryu (Meisha-Ha) contains no superfluous or pointless movements; every movement has a deep and practical sense. Mugai Ryu is Zen in motion with focus on developing students both physically and mentally and plays its part in the character development of individuals while contributing to the peace and safety of society. Beginners and existing martial artist's welcome. |
| SEATED PILATES | Seated Pilates is a gentle 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. Pilates concentrates on posture, balance, and flexibility. 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. |

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| SEATED YOGA | Seated yoga is a gentle form of yoga that's done while seated or using a chair for balance, making the practice more accessible. The class aims to reduce stress and anxiety and improve overall mental health and physical wellbeing. |
| STRENGTHEN UP | This is a full-body workout designed to help improve muscular strength. Including weight-based exercise. Perfect for strengthening muscles, increasing metabolism, and burning extra calories. |
| 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. |
| TAI CHI FAN | Tai Chi Fan form consists of opening and closing the Fan at pre-determined points as one moves through a sequence of set moves. The benefits are the same as regular Tai Chi however the form is short and can be learned more quickly. The Fan Form is also the basis for a short open hand form which is also easier to learn as both forms are very much modified versions of each other. |
| WEIGHTS, CARDIO AND CORE | This class features a combination of weights, cardio, and core strength work, providing a total body workout. |
| YOGA | Hatha Yoga is a modern form of yoga which uses the mind and body to build strength and flexibility. Yoga is also a great practise to help manage pain and reduce stress. |
| ZUMBA | A high energy and high intensity cardiovascular workout. Zumba incorporates dance and is delivered to beats music, providing a range of health benefits. The class is sure to burn plenty of calories, improve fitness and help reduce stress. Zumba is great for mood boosting and improving general wellbeing. A total body workout which incorporates dance. A fun but high intensity class. |
| STEP, STRETCH AND TONE | This is an aerobic class using the step and incorporating exercises to stretch and tone the muscles. Step stretch and tone gives you a choice of hi or low impact cardio exercises. |
| 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. |

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