

# Exercise Classes

## Cheslyn Hay Leisure Centre

TIME	CLASS	Instructor
<b>Monday</b>		
7.15am-8am	Leg Bums And Tums	Tracey
9.15am-10am	Vibe Cycle	Claire
6pm-6.45pm	Boxercise	Peter
6.45pm-7.30pm	Vibe Cycle	Kirstie
7pm-7.45pm	TRX Circuits	Peter
8pm-9pm	Circuits Training	John
<b>Tuesday</b>		
8am-9am	Pilates	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 Power	Kirstie
<b>Wednesday</b>		
6.45am-7.15am	Vibe Cycle	Claire
9.15am-10am	Vibe Cycle	Claire
5.45pm-6.30pm	Body Conditioning	Diane
6.15pm-7pm	Vibe Cycle	Kirstie
6.30pm-7.15pm	Core And Stretch	Diane
7.45pm-8.30pm	Aqua Aerobics	Diane

TIME	CLASS	Instructor
<b>Thursday</b>		
9.20am-10.20am	Pilates	Dawn
10.30am-11.30am	Yoga	Dawn
6pm-6.30pm	Hiit Circuits	Peter
6.15pm-7pm	Vibe Cycle	Claire
6.30pm-7.15pm	Bounce And Step	Tracey
6.45pm-7.15pm	Gym Workout	Peter
<b>Friday</b>		
6.45am-7.15am	Vibe Cycle	Claire
9.20am-10.20am	Pilates	Dawn
10.30am-11.30am	Pilates	Dawn
6pm-6.45pm	Vibe Dance	Catherine
<b>Saturday</b>		
8.45am-9.15am	Core and More	Tracey
9.15am-10am	Vibe Cycle	Claire
9:30am-10.15am	Trio Fit	Tracey
<b>Sunday</b>		
8.30am-09.15am	Core and More	Tracey

### 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](mailto:cheslynhay@sstaffs.gov.uk)

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

Penkridge Leisure Centre • Tel: 01785 714152 • Email: [penkridge@sstaffs.gov.uk](mailto:penkridge@sstaffs.gov.uk)

Wombourne Leisure Centre • Tel: 01902 898202 • Email: [wombourne@sstaffs.gov.uk](mailto:wombourne@sstaffs.gov.uk)

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## CLASS DESCRIPTIONS

Vibe Cycle 45	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.
Boxercise	Boxercise partner work, learning boxing techniques using pads/gloves
TRX 45	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.
Circuit Training	All round circuit class for all abilities (Indoors And Outdoors).
Gym Workout 30	Gym HIIT is high intensity interval training located down the fitness suite using gym equipment.
Pilates 60	A workout designed to improve your flexibility, mobility and to increase your core strength.
Tai Chi 60	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 characterised by stringing postures together so that you move from one to another.
Step and Tone 45	A great aerobic fitness and conditioning class step is combined with the use of light weights.
Core & Stretch 45	A low impact workout that focuses upon strengthening the core and reducing the waist.
Body Pump 45	Body pump is a barbell workout designed to get you lean, toned and fit.
Body Conditioning 45	A fully body workout suitable for all levels using resistance exercising in time to the beat of the music.
Active Youth (Ages 13-15)	Active youth is a one-hour supervised gym session for 13 to 15 year olds.
Aqua Aerobics	A fitness class based in the swimming pool. Focusing on cardio and water-based weights.
Yogalates 60	Yogalates is a fusion of yoga and Pilates. Building strength, mobility and flexibility.
Tabata 30	A great quick fitness class mixing weights and cardio.
Bounce And Step 45	A great aerobic fitness and conditioning class, which includes the use of various equipment including steps and mini trampolines.
PT With MT 45	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 45	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 genres, focusing on simplicity, fun and fantastic music. This is a great feel-good aerobic workout!

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