

# Gym

## Codsall Leisure Centre

Monday	
7am-12.15pm	Open to all
12:15pm-3pm	Closed – School Use Only
3pm-10pm	Open to all
3.15pm-4.15pm	Active Youth
Tuesday	
7am-10am	Open to all
10am-11am	Closed – School Use Only
11am-1.55pm	Open to all
1.55pm-3pm	Closed – School Use Only
3pm-10pm	Open to all
Wednesday	
7am-10am	Open to all
10am-11am	Closed – School Use Only
11am-10pm	Open to all

Thursday	
7am-12.50pm	Open to all
12.50pm-3pm	Closed – School Use Only
3pm-10pm	Open to all
3.15pm-4.15pm	Active Youth
Friday	
7am-10am	Open to all
10am-11am	Closed – School Use Only
11am-1.55pm	Open to all
1.55pm-3pm	Closed – School Use Only
3pm-10pm	Open to all
3.15pm-4.15pm	Active Youth
Saturday	
8am-5pm	Open to all
Sunday	
9am-6pm	Open to all

\*The gym is only closed for school use during term-time. Throughout the school holidays, the gym will remain open at all times.

### PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
<b>Gym</b>	£8.20	£7.40
<b>60+ session</b>	£6.00	£5.40
<b>Induction</b>	£15.00	£15.00
<b>Active youth</b>	£2.70	£2.40

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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### 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. 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 scheme designed for people with medical conditions with the aim of increasing physical activity to improve health and wellbeing. The scheme includes:- <ul style="list-style-type: none"> <li>• One-to-one assessments with a consultant, to discuss assessment results and progress to achieve goals.</li> <li>• One-to-one personal gym programme with a fully qualified fitness instructor, to meet your individual fitness and medical needs. The instructor will also give guidance regarding suitable classes to attend.</li> <li>• Ongoing support from your fitness instructor who will offer advice and update your gym programme when needed.</li> </ul>
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.

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