

# Gym

## Penkridge Leisure Centre

Monday	
6.30am-10pm	Gym open
9.00am-11.30am	Gym inductions available
Tuesday	
6.30am-10pm	Gym open
3.45pm-4.45pm	Active Youth (ages 13-16)
Wednesday	
6.30am-10pm	Gym open
7pm-9pm	Gym inductions available

Thursday	
6.30am-10pm	Gym open
3.45pm-4.45pm	Active Youth (Ages 13-16)
Friday	
6.30am-9pm	Gym open
Saturday	
9am-4.30pm	Gym open
Sunday	
9am-4.30pm	Gym open

PRICES	NON-MEMBER	Advantage Card
Adults	£8.20	£7.40
Junior	£2.70	£2.40
60+	£6.00	£5.40
Induction (Free for Members)	£15.00	N/A
Health Check and Programme (Free for Members)	£15.00	N/A

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.
PERSONAL TRAINING	Personal trainers are available. Please contact reception for more information.
60+ FITNESS	Discounted access to the gym for people over 60.
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.
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"> <li>• 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.</li> <li>• Fully inclusive of gym sessions, exercise classes and swimming at all our leisure centres.</li> <li>• Nutritional advice and a personal 12-week gym-based exercise programme to meet your individual fitness and medical needs.</li> <li>• Ongoing support from your instructor throughout the 12 weeks.</li> </ul>
HEALTH CHECKS	Available and free of charge for 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.
FITNESS PROGRAMMES	Available Free of charge for all members. The fitness instructor will create a bespoke programme to suit your needs. Non-members can also book in for a programme at a fee. Ask at reception for more information.

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