

# Toning Suites

## Wombourne Leisure Centre

Our six Easytone chairs and three Power tone beds are designed to provide a circuit that will exercise and stretch all the major muscle groups in the body, whilst at the same time stimulating the muscles and improving circulation.

Free trials available on request.

<b>Monday</b>	
6.45am-9.30pm	Available for booking
<b>Tuesday</b>	
6.45am-9.30pm	Available for booking
<b>Wednesday</b>	
6.45am-9.30pm	Available for booking
<b>Thursday</b>	
6.45am-9.30pm	Available for booking
<b>Friday</b>	
6.45am-9.30pm	Available for booking
<b>Saturday</b>	
8am-8pm	Available for booking
<b>Sunday</b>	
7.30am-7pm	Available for booking

### PRICES

	PAY AS YOU GO	LEISURE ADVANTAGE CARD
<b>Free Trial</b>	Free	Free
<b>Single session</b>	£7.30	£6.60

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)