



Gym

DESCRIPTIONS

INDUCTION	The induction will take up to 60 minutes and involve a qualified gym instructor explaining and demonstrating how to use the equipment.
FORWARD TO HEALTH	<p>This is a 12-week exercise programme designed for people with medical conditions where exercise will improve health. The programme is 12 weeks, and this gives you:</p> <ul style="list-style-type: none"> • Three 1 to 1 consultations with one of our exercise specialists • Health and fitness checks • Free gym use from Monday to Friday, 07.00-17.00 (Exclusions apply) • Plus, you will receive free nutritional advice.
HEALTH CHECKS	<p>Available 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 cost of £5.00. Ask at reception for more information.</p>
TOTAL FITNESS SOLUTIONS LTD	<p>Practical and Sports Rehabilitation Clinic Physiotherapy & injury treatment. Contact Paul Taylor 07803 582866</p>

Cheslyn Hay Leisure Centre • Tel: 01922 417790 • Email: cheslynhay@sstaffs.gov.uk

Codsall Leisure Centre • Tel: 01902 844032 • Email: codsall@sstaffs.gov.uk

Penkridge Leisure Centre • Tel: 01785 714152 • Email: penkridge@sstaffs.gov.uk

Wombourne Leisure Centre • Tel: 01902 898202 • Email: wombourne@sstaffs.gov.uk



Gym

Cheslyn hay Leisure Centre Gym Timetable 2023

Monday
Open for public 6:45am – 10pm
Tuesday
Open to public 6:45am -11am Closed of school use 11am-12:30pm Open to public 12:30pm-1:30pm - Closed for School Use 1:30pm-3pm Open to public 3pm-10pm
Wednesday
Open for public 6:45am-10pm Active Youth 7:15pm-8:15pm
Thursday
Open to public 6:45am-10pm
Friday
Open to public 7am -11am Closed for school use 11am-3pm Open to public 3pm-10pm
Saturday & Sunday
Open to public 8am-6pm

Closed for school use means no access for public during these times.

Prices	Privilege Member	Non Member
Off Peak	£6.30	£6.80
Peak	£7.30	£7.80

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