



## Exercise Classes Wombourne Leisure Centre

TIME	CLASS
<b>Monday</b>	
9.15am-10am	Studio cycling
9.30am-10.20am	Legs, bums & tums
9.45am-10.30am	Yoga
10.30am-11.20am	Core
10.40am-11.25am	Yoga
11.30am-12.15pm	Breathing yoga
12.20pm-1.05pm	Seated yoga
5.40pm-6.25pm	Aqua aerobics
6pm-6.45pm	Yoga
6.30pm-7.15pm	Studio cycling
6.30pm-7.20pm	Aerobic blitz
7pm-8pm	Samurai swords
7pm-8pm	Tai Chi
7.30pm-8.15pm	Strengthen up
<b>Tuesday</b>	
9.15am-10am	Studio cycling
9.30am-10.20am	Body conditioning
10.30am-11.20am	Step, stretch and tone
11.15am-12pm	Pilates
11.15am-12pm	Aqua aerobics
11.30am-12.30pm	Tai Chi beginners
12.15pm-1pm	Pilates
1.15pm-2pm	Pilates
2.15pm-3pm	Seated pilates
12.30pm-1.30pm	Tai Chi
6pm-6.45pm	Legs, bums & tums
6.15pm-7pm	Core Abs
6.30pm- 7.15pm	Studio cycling
6.55pm-7.40pm	Bounce and pump
7.05pm-7.45pm	Chi gong movement
7.50pm-8.35pm	Boxercise
<b>Wednesday</b>	
9.15am-10am	Studio cycling
9.15am-10am	Stability ball
9.15am-10am	Pilates
10.05am-10.50am	Pilates
11am-11.45am	Seated pilates
11.55am-12.40pm	Yoga
5.45pm-6.30pm	Yoga
5.45pm-6.30pm	Body impact
6.30pm-7.15pm	Studio cycling
6.40pm-7.25pm	Yoga

TIME	CLASS
<b>Thursday</b>	
9.15am-10am	Studio cycling
9.30am-10.20am	Multi fit
10.10am-11am	Low impact aerobics
10.30am-11.20am	Circuits
11.30am-12.15pm	Pilates
11.30am-12.30pm	Tai chi
12.30pm-1.30pm	Tai chi fan
5.40pm-6.25pm	Pilates
6pm-7pm	Zumba
6.30pm-7.15pm	Studio cycling
7.15pm-8pm	Weights, cardio and core
<b>Friday</b>	
8.30am-9.15am	Core
9.30am-10.15am	Studio cycling
9.30am-10.20am	Aerobic combo
9.45am-10.30am	Yoga
10.30am-11am	Gym HIIT
10.30am-11.25am	Resistance band workout
10.40am-11.25am	Yoga
11.30am-12.15pm	Seated yoga
5.30pm-6pm	Core
6pm-6.30pm	HITT
6.30pm-7.15pm	Studio cycling
6.40pm-7.10pm	EMOM core stability ball
<b>Saturday</b>	
8am-8.45am	Boxercise
9am-9.45am	Studio cycling
9am-9.45am	Box fit
<b>Sunday</b>	
9am-9.45am	Studio cycling
9am-9.50am	Cardio combat
10am-11am	Legs bums and tums

**\*Please be aware that customers will be required to bring their own exercise mat to classes.**

For the most up to date exercise class timetable please scan the QR code to view our website. Sign up to our Leisure Hub digital platform for all online bookings and transactions.



SCAN ME

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**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**



# Exercise Classes



**MATRIX My Ride+**

[www.sstaffs.gov.uk/leisure](http://www.sstaffs.gov.uk/leisure)

## Studio Cycling



### DESCRIPTIONS

There will be times in the cycle studio where there are no programmed classes, during these times, customers can access the facility and choose their own virtual class. There are two types of my ride classes to choose from –

#### Tour Coach

Tour the world with the My Ride World Tour Challenges.

The ultimate My Ride experience using forward motion video which will make you feel like you're travelling through a location just like you would in normal life!

#### Studio Coach

Classes delivered by a My Ride virtual coach

There are 3 class options:

- Class - 50 minutes (approx.)
- Fast class – 30 mins (approx.)
- Drills – intense 17-minute class

### PRICES

	PAY AS YOU GO	PRIVILEGE
All classes	£6.30	£5.50

**Cheslyn Hay Leisure Centre** • Tel: **01922 417790** • Email: [cheslynhay@sstaffs.gov.uk](mailto:cheslynhay@sstaffs.gov.uk)

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