

Church Stretton Leisure Centre Fitness Classes

Monday

9:15-10:00am Aqua (Pool) With Lizzie (Term time only)	9:15-10:00am Power of Weights With Vicky	10:15-11:00am Mobility Stretch With Vicky	6:00-7:00pm Step Aerobics With Pam	7:00-8:00pm Body Conditioning With Pam	8:00-9:00pm Power Stretch With Pam
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Tuesday

9:15-10:00am Legs, Bums & Tums With Vicky	10:15-11:00am Spin With Vicky	5:00-6:00pm Pilates With Vicky	6:30-7:15pm Circuits With Jon
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Wednesday

9:15-10:00am Body Conditioning With Lisa	10:15-11:00am Pilates With Lisa	6:00-6:45pm Spin With Jodie	7:00-7:45pm H I T T With Jodie
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Thursday

9:15-10:00am Spin With Lisa	10:15-11:15am Yoga With Lisa	5:00-6:00pm Yoga With Lisa	6:00-7:00pm Body Conditioning With Pam	7:00-8:00pm Stability Balls With Pam
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Friday

9:15-10:00am Pilates With Lisa	10:15-11:00am Kettles With Lisa	6:00-6:45pm Spin With Lucy
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**PTO for Saturday
class and more info**

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Shropshire
Council

Saturday

9:15-10:00am
Spin
With Lucy

- **No Walk-Ins Permitted**
- **Pre-Bookings Only (this can be done over the phone and online coming very soon for members)**
- **Strict Start and Finish times for classes to allow for extra cleaning**
- **Sanitiser Stations located throughout the centre**
- **Reduced Class sizes**
- **Seperate Entry and Exit points**
- **If you are staying on for the second class which is in the next 20 minutes please could you leave the hall so staff can clean**



Shropshire
**LEISURE
TIME**