Church Stretton Leisure Centre Fitness Classes

	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
	Tuesday		
	9:15-10:00am Legs, Bums & Tums With Vicky	10:15-11:00am Spin With Vicky	5:00-6:00pm Pilates With Vicky
	Wednesday		
	9:15-10:00am Body Conditioning With Lisa	10:15-11:00am Pilates With Lisa	6:00-6:45pm Spin With Jodie
Thursday			
	9:15-10:00am Spin With Lisa	10:15-11:15am Yoga With Lisa	5:00-6:00pm Yoga With Lisa
Friday			
	9:15-10:00am Pilates With Lisa	10:15-11:00am Kettles With Lisa	6:00-6:45pm Spin With Lucy

Monday

6:00-7:00pm 7:00-8:00pm Step Body Aerobics Conditioning With Pam With Pam

6:30-7:15pm Circuits With Jon

7:00-7:45pm H I T T

With Jodie

6:00-7:00pm

Body

Conditioning

With Pam

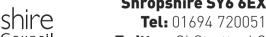
8:00-9:00pm Power Stretch With Pam



PTO for Saturday class and more info

7:00-8:00pm Stability Balls With Pam

> Shrewsbury Road, Church Stretton, Shropshire SY6 6EX



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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

