

# Church Stretton Leisure Centre Fitness Classes

## Monday

9:15-10:00am Aqua (Pool)	9:15-10:00am Power of Weights	10:15-11:00am Mobility Stretch	6:00-6:45pm Step Aerobics	7:00-7:45pm Body Conditioning	8:00-8:45pm Power Stretch
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## Tuesday

9:15-10:00am Legs, Bums & Tums	10:15-11:00am Spin	5:00-5:45pm Pilates	6:30-7:15pm Circuits	7:30-8:15pm Spin
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## Wednesday

9:15-10:00am Body Conditioning	10:15-11:00am Pilates	6:00-6:45pm Spin	7:00-7:45pm HITT
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**PTO for Saturday class and more info**

## Thursday

9:15-10:00am Spin	10:15-11:00am Yoga	5:00-5:45pm Yoga	6:00-6:45pm Body Conditioning	7:00-7:45pm Stability Balls
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## Friday

8:15-9:00am Pilates	9:15-10:00am Pilates	10:30-11:15am Kettles	6:00-6:45pm Spin
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## Saturday

9:15-  
10:00am  
Spin

- **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**