

# Church Stretton Leisure Centre Fitness Classes

## Monday

9:15-10:00am Aqua (Pool) With Lizzie	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
--	---	---	---	---	--

## 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
--	-------------------------------------	--------------------------------------	-------------------------------------

## Wednesday

9:15-10:00am Body Conditioning With Lisa	10:15-11:00am Pilates With Lisa
---	---------------------------------------

## 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
-----------------------------------	------------------------------------	----------------------------------	---	--

## Friday

9:15-10:00am Pilates With Lisa	10:15-11:00am Kettles With Lisa	6:00-6:45pm Spin With Lucy
--------------------------------------	---------------------------------------	----------------------------------



**PTO for Saturday  
class and more info**

**Shrewsbury Road, Church Stretton,  
Shropshire SY6 6EX**

**Tel:** 01694 720051

**Twitter:** ChStrettonLC

**Facebook:** ChurchStrettonLeisure

**Email:** churchstretton.leisure@shropshire.gov.uk

**Website:** www.shropshire.gov.uk/leisure-services



## Saturday

9:15-10:00am  
Spin  
With Lucy

- **No Walk-Ins Permitted**
- **Pre-Bookings Only**
- **Strict Start and Finish times for classes to allow for extra cleaning**
- **Sanitiser Stations located throughout the centre**
- **Reduced Class sizes**
- **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**