



Telford & Wrekin  
Co-operative Council

Protect, care and invest  
to create a better borough

aspirations

# Fitness Class Programme

January - March 2022

All classes including capacities are subject to change due to facility availability



LEISURE

[www.telfordandwrekinleisure.co.uk](http://www.telfordandwrekinleisure.co.uk)

# Class descriptions

## Aquaft

An excellent low impact aerobic workout and muscle conditioning session, with the added fun of being in water!

## Bodyattack™



Bodyattack is the sports-inspired cardio workout for building strength and stamina.

## Bodybalance™



Bodybalance is a yoga based class embracing elements of Tai Chi and Pilates. It will improve your mind, body and life.

## Bodycombat™



Bodycombat is the empowering cardio workout where you are totally unleashed, inspired by martial arts.

## Bodypump™



Bodypump is the original barbell class that strengthens your entire body.

## Body Sculpture

Whole body strength and conditioning class, combining weight bars, dumb bells and floor work to challenge the body.

## Circuits

A high energy, high impact workout that incorporates a wide variety of aerobic and resistance exercises, effective at improving fitness and body toning.

## CXWORX

**CXWORX** A core class using resistance tubes, weight plates, as well as body weight exercises like crunches and hovers.

## GRIT



The 30 minute High-Intensity Interval Training (HIIT) workout designed to improve strength and cardiovascular fitness to maximise calorie burn.

## Legs, Bums & Tums

Warm up and then tone, tone, tone! Exercises performed on specific muscle groups to tone the body.

## Mature Mega Mix

A low impact class carried out at a gentle pace, perfect for beginners and over 50's.

## Pilates

A multi muscle workout concentrating on core strength, promoting flexibility and mobility.

## RPM™



Indoor cycling workout, riding to the rhythm of powerful music.

## RPM Virtual™



A 30 or 45 minute virtual indoor cycling class.

## SH'BAM™



A fun-loving, insanely addictive dance workout.

## Spinfit

Cycle class building confidence, strength & cardio vascular fitness.

## Sprint™



A 30 minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

For class etiquette please visit  
[www.telfordandwrekinleisure.co.uk/saferulesfitnessclasses](http://www.telfordandwrekinleisure.co.uk/saferulesfitnessclasses)

## Sprint Virtual™



LES MILLS  
**sprint**

A virtual 30 minute  
High Intensity

Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

## Step 'n' Tone

This class offers a combination of step aerobics followed by an all over body tone to reach those problem areas.

## The Trip



LES MILLS  
**THE TRIP**

The Trip Live is  
an instructor led

virtually immersive cycling work out experience with a journey through digitally created worlds.

## The Trip Virtual™

Is a virtual immersive cycling workout experience that combines 40 minutes of multi-peak cycling workouts with a journey through digitally created worlds.

## Tone 'n' Trim

A class designed to tone and trim all those problem areas.

## Vibe Step

**Vibe Step**



A back to basics step class that is easy to follow and lots of fun.

Perfect for beginners; lots of creative and simple choreography and you can progress, as your skills and confidence grow.

## Yoga

Improves flexibility, strength, posture, relaxation and is suitable for all fitness levels.

## Zumba



**ZUMBA** Cardiovascular class  
for all fitness levels

incorporating cultural dance moves.

All classes are monitored regularly. Classes under performing may be subject to change. Classes may be subject to change due to school commitments.  
**Bank Holidays:** Please check with individual centres for programme details on these days.

# Abraham Darby Sports & Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10.15am	6 - 6.45pm 	6 - 6.45pm 	1.15 - 2pm	6 - 6.30pm 	8.30 - 9.15am 	9 - 9.45am 
Tone 'n' Trim*	7 - 7.30pm	7 - 7.30pm	Aquafit		9.30 - 10.15am 	10 - 10.30am 
6 - 6.45pm 			6 - 6.45pm 			
7.15 - 8pm 	7.45 - 8.30pm 	8.30 - 9.15pm	7.15 - 8pm Legs Bums and Tums			
		Aquafit	8.15 - 9pm 			


**KEY**  Swimming Pool  Dance Studio  Park Lane Centre

\*Classes held at Park Lane Community Centre, both classes need to be booked for and paid in advance by phone 01952 382770 or online [www.telfordandwrekinleisure.co.uk/bookonline](http://www.telfordandwrekinleisure.co.uk/bookonline)







# Abraham Darby Sports & Leisure Centre - Indoor Cycling Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45 - 7.15am LES MILLS RPM VIRTUAL	7.15 - 7.45am LES MILLS RPM VIRTUAL	6.45 - 7.15am LES MILLS RPM VIRTUAL	7.15 - 7.45am LES MILLS RPM VIRTUAL	6.45 - 7.15am LES MILLS RPM VIRTUAL	7.30 - 8.15am LES MILLS RPM VIRTUAL	7.30 - 8.15am LES MILLS RPM VIRTUAL
9.30 - 10.15am LES MILLS RPM VIRTUAL	10 - 10.45am LES MILLS RPM VIRTUAL	9.30 - 10.15am LES MILLS RPM VIRTUAL	9.30 - 10.15am LES MILLS RPM VIRTUAL	9.30 - 10.15am LES MILLS RPM VIRTUAL	8.30 - 9.15am LES MILLS RPM VIRTUAL	9.30 - 10.15am LES MILLS RPM VIRTUAL
6 - 6.45pm LES MILLS RPM VIRTUAL	2 - 2.45pm LES MILLS RPM VIRTUAL	2 - 2.45pm LES MILLS RPM VIRTUAL	6 - 6.45pm LES MILLS RPM VIRTUAL	2 - 2.45pm LES MILLS RPM VIRTUAL	10.30 - 11.15am LES MILLS RPM	1 - 1.45pm LES MILLS RPM VIRTUAL
7.15 - 8pm LES MILLS RPM	6 - 6.45pm LES MILLS RPM	6 - 6.30pm LES MILLS RPM VIRTUAL	7.15 - 8pm LES MILLS RPM VIRTUAL	5.30 - 6.15pm LES MILLS RPM VIRTUAL	1 - 1.45pm LES MILLS RPM VIRTUAL	
8.15 - 9pm LES MILLS RPM VIRTUAL	7.45 - 8.30pm LES MILLS RPM	Spinfit 6.30 - 7.15pm Spinfit		7 - 7.45pm LES MILLS RPM VIRTUAL		
		7.45 - 8.30pm LES MILLS RPM VIRTUAL				

# Phoenix Sports & Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 - 6.45pm Pilates	5.30 - 6.15pm Yoga	6 - 6.45pm Pilates	6 - 6.45pm Yoga		
	7 - 7.45pm Yoga	6.30 - 7.15pm Legs Bums and Tums	8.30 - 9.15pm Pilates			
		7.30 - 8.15pm  ZUMBA				

# Oakengates Leisure Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 5.45pm	 LES MILLS SH'BAM	 LES MILLS BODYPUMP	 LES MILLS SH'BAM	 LES MILLS RPM	 LES MILLS RPM	 LES MILLS BODYBALANCE	 LES MILLS SH'BAM
5.30 - 6.15pm	 LES MILLS RPM	6 - 6.45pm	6 - 6.45pm	5.30 - 6.15pm	6 - 6.45pm		
6 - 7pm	 LES MILLS RPM	6 - 7pm	 LES MILLS RPM	 LES MILLS BODYATTACK			
6.30 - 7.15pm	 LES MILLS BODYATTACK	 LES MILLS BODYCOMBAT	Vibe Step 	7.30 - 8.15pm			
6.45 - 7.30pm	 LES MILLS RPM	7 - 7.45pm	7.30 - 8.15pm				
Body Sculpture		Legs Bums and Turns					
7.30 - 8.15pm							
Aquafit				Aquafit			

**KEY**

Sports Hall

Swimming Pool

Dance Studio







Gym

# Wellington Civic & Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15 - 9.45am <b>CXWORX</b>	9.15 - 10am 	9.15 - 10am 	9 - 9.45am 	9 - 9.45am 	8.15 - 9am 	9.30 - 10.15am 
10 - 10.45am 	10.15 - 11am 	10.15 - 11am 	10 - 10.30am <b>CXWORX</b>	10 - 10.45am Pilates	9.15 - 9.45am <b>CXWORX</b>	10.30 - 11.15am 
11 - 11.45am Yoga	11 - 11.45am AquaFit	11 - 11.45am AquaFit	10.45 - 11.30am Mature Mega Mix	11 - 11.45am Pilates	10 - 10.45am Yoga	5 - 5.45pm 
11 - 11.45am AquaFit	11.15am - 12noon Mature Mega Mix	11.15am - 12noon Pilates	11 - 11.45am AquaFit	11.15 - 12noon AquaFit	11 - 11.45am Mature Mega Mix	
5.30 - 6.15pm Pilates	5.30 - 6.15pm 	5.15 - 6pm Yoga	11.45am - 12.30pm Pilates	5 - 5.45pm 		
6.45 - 7.30pm 	6.30 - 7.15pm 	6.15 - 7pm 	5.30 - 6.15pm 	6.15 - 7pm 		
7 - 7.45pm AquaFit	7.30 - 8.15pm 	7.15 - 8pm 	6.30 - 7.15pm 			
8 - 8.45pm Legs Bums and Tums		7.30 - 8.15pm AquaFit	7.30 - 8.15pm 			



# Wellington Civic & Leisure Centre - Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45 - 7.15am  <b>sprint</b>	6.45 - 7.30am  <b>RPM VIRTUAL</b>	6.45 - 7.15am  <b>sprint</b>	6.45 - 7.30am  <b>RPM VIRTUAL</b>	6.45 - 7.15am  <b>sprint</b>	7.15 - 7.45am  <b>sprint</b>	7.15 - 7.45am  <b>sprint</b>
9.30 - 10.15am  <b>RPM</b>	9.30 - 10.15am  <b>RPM</b>	9.30 - 10.15am  <b>RPM</b>	9.30 - 10.15am  <b>RPM</b>	10 - 10.45am  <b>RPM</b>	8.15 - 9am  <b>RPM</b>	10.30 - 11am  <b>sprint</b>
10.30 - 11am  <b>sprint</b>	12.45 - 1.30pm  <b>THE TRIP</b>	12.45 - 1.15pm  <b>sprint</b>	12.45 - 1.30pm  <b>THE TRIP</b>	12.45 - 1.15pm  <b>sprint</b>	12.15 - 1pm  <b>THE TRIP</b>	12.15 - 1pm  <b>RPM VIRTUAL</b>
12.45 - 1.30pm  <b>RPM VIRTUAL</b>	6.30 - 7.15pm  <b>RPM</b>	5.45 - 6.30pm  <b>RPM</b>	5.30 - 6pm  <b>sprint</b>	6 - 6.30pm  <b>sprint</b>	5.15 - 6pm  <b>RPM VIRTUAL</b>	5.15 - 6pm  <b>THE TRIP</b>
5.45 - 6.30pm  <b>RPM</b>	7.30 - 8.15pm  <b>THE TRIP</b>	6.45 - 7.30pm  <b>THE TRIP</b>	6.15 - 7pm  <b>RPM</b>	6.45 - 7.30pm  <b>RPM</b>		
7.15 - 8pm  <b>THE TRIP</b>						

**KEY**

Virtual Class

Instructor Led

**teen**  
aspirations

**NEW**



Available to 14 and 15 year olds including:

- Unrestricted access to 7 gyms
- Over 55 Les Mills fitness classes per week
- Use of 4 swimming pools
- Access to level 4 fitness professional advice

**ONLY**

**£16**  
per month\*

[www.telfordandwrekinleisure.com](http://www.telfordandwrekinleisure.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10.15am	9.15 - 10am	9.15 - 10am	9.30 - 10.15am	9 - 9.45am	8.15 - 9am	9.30 - 10.15am
RPM	Body Combat	Body Balance	RPM	Body Combat	RPM	Body Attack
10 - 10.45am	6 - 6.45pm	10.15 - 11am	5.30 - 6.15pm	10 - 10.45am	8.30 - 9.15am	9.30 - 10.15am
SH'BAM	Body Attack	SH'BAM	RPM	RPM	Body Balance	SH'BAM
5 - 5.45pm	6 - 6.45pm	5.45 - 6.30pm	5.30 - 6.15pm	6 - 6.45pm	9.30 - 10.15am	10.30 - 11.15am
SH'BAM	Body Combat	RPM	Body Combat	RPM	Body Combat	Body Balance
5.30 - 6.15pm	6 - 6.45pm	6.00 - 6.45pm	5.30 - 6.15pm	6.15 - 7pm	10.30 - 11.15am	5pm - 5.45pm
RPM	RPM	Body Combat	Body Attack	Body Balance	RPM	SH'BAM
5.45 - 6.30pm	6.30 - 7.15pm	6 - 6.45pm	6.15 - 7pm	6.45 - 7.30pm		
RPM	RPM	RPM	RPM	RPM		
6 - 6.45pm	6.30 - 7.15pm	7.15 - 8pm	7.30 - 8.15pm			
Body Attack	SH'BAM	Body Attack	Body Balance			
6.30 - 7.15pm	7.30 - 8.15pm	7.30 - 8.15pm				
RPM	Body Balance	Body Balance				
7.15 - 8pm						
RPM						

- Abraham Darby Sports & Leisure Centre
- Oakengates Leisure Centre
- Wellington Civic & Leisure Centre

[ure.co.uk/teenaspirations](http://www.ure.co.uk/teenaspirations)

\*14 and 15 year old must be accompanied by a participating paying adult for gym and class use at all times

# Where to find us:

## **Abraham Darby Sports & Leisure Centre**

Ironbridge Road, Madeley, Telford TF7 5HX

**tel:** 01952 382770

**email:** [abrahamdarbyleisure@telford.gov.uk](mailto:abrahamdarbyleisure@telford.gov.uk)

## **Horsehay Village Golf Centre**

Wellington Road, Horsehay, Telford TF4 3BT

**tel:** 01952 382639

**email:** [horsehay.villagegolfcentre@telford.gov.uk](mailto:horsehay.villagegolfcentre@telford.gov.uk)

## **Newport Swimming Pool**

Victoria Park, Newport TF10 7LH

**tel:** 01952 382740

**email:** [newpool@telford.gov.uk](mailto:newpool@telford.gov.uk)

## **Oakengates Leisure Centre**

New Road Wrockwardine Wood, Telford TF2 7AB

**tel:** 01952 382810

**email:** [oakleisure@telford.gov.uk](mailto:oakleisure@telford.gov.uk)

## **Phoenix Sports & Leisure Centre**

Duce Drive, Dawley, Telford TF4 3JS

**tel:** 01952 382779

**email:** [phoenixleisure@telford.gov.uk](mailto:phoenixleisure@telford.gov.uk)

## **Stirchley Recreation Centre**

Please check with centre for opening times

Grange Avenue, Stirchley, Telford TF3 1ET

**tel:** 01952 382730

**email:** [stirchleyrecreationcentre@telford.gov.uk](mailto:stirchleyrecreationcentre@telford.gov.uk)

## **Wellington Civic & Leisure Centre**

Larkin Way, off Tan Bank, Wellington, Telford TF1 1LX

**tel:** 01952 382720

**email:** [wellingtonleisure@telford.gov.uk](mailto:wellingtonleisure@telford.gov.uk)

[www.telfordandwrekinleisure.co.uk](http://www.telfordandwrekinleisure.co.uk)