



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

aspirations

Fitness Class Programme

October – December 2024

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



LEISURE

www.telfordandwrekinleisure.co.uk

Class descriptions

Aquaftt

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.

Core



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.

Mega Mix

A low impact class carried out at a gentle pace suitable for beginners.

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.

For class etiquette please visit
www.telfordandwrekinleisure.co.uk/saferulesfitnessclasses

Sprint™



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

Sprint Virtual™



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



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



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



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 and Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10.30am	6 - 7pm	6 - 7pm	11.15 - 12noon	6 - 6.30pm	8.30 - 9.30am	
Tone 'n' Trim*			Aquafit			
6 - 7pm	7.15 - 8.15pm	7.15 - 8.15pm	6 - 7pm		9.30 - 10.30am	
		Circuits				
7.15 - 8.15pm		8.30 - 9.15pm	7.15 - 8.15pm			
		Aquafit	Legs Bums and Tums			
			8.15 - 9.15pm			
						

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

Abraham Darby Sports and Leisure Centre - Indoor Cycling Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45 - 7.30am LES MILLS RPM VIRTUAL	6.45 - 7.15am LES MILLS sprint	6.45 - 7.30am LES MILLS THE TRIP	6.45 - 7.15am LES MILLS sprint	6.45 - 7.30am LES MILLS RPM VIRTUAL	7.30 - 8.15am LES MILLS RPM VIRTUAL	7.30 - 8.15am LES MILLS THE TRIP
9.30 - 10am LES MILLS sprint	9.30 - 10.15am LES MILLS RPM VIRTUAL	9.30 - 10.15am LES MILLS RPM	9.30 - 10.15am LES MILLS RPM	9.30 - 10.15am LES MILLS THE TRIP	8.30 - 9am LES MILLS sprint	9.30 - 10.15am LES MILLS RPM VIRTUAL
12.30 - 1.15pm LES MILLS RPM VIRTUAL	12.30 - 1.15pm LES MILLS THE TRIP	12.30 - 1pm LES MILLS sprint	12.30 - 1.15pm LES MILLS THE TRIP	12.30 - 1pm LES MILLS sprint	10.30 - 11.15am LES MILLS RPM	10.45 - 11.30am LES MILLS RPM VIRTUAL
6.15 - 6.45pm LES MILLS sprint	5.45 - 6.15pm LES MILLS sprint	5.15 - 6pm LES MILLS THE TRIP	6.15 - 7pm LES MILLS RPM	5.30 - 6.15pm LES MILLS RPM VIRTUAL	1 - 1.45pm LES MILLS RPM VIRTUAL	1 - 1.45pm LES MILLS THE TRIP
7.30 - 8.15pm LES MILLS RPM	6.15 - 7pm LES MILLS RPM	6 - 6.30pm LES MILLS Spinfit	7 - 7.30pm LES MILLS sprint		5 - 5.30pm LES MILLS sprint	5 - 5.45pm LES MILLS RPM VIRTUAL
8.15 - 9pm LES MILLS THE TRIP	7.30 - 8pm LES MILLS sprint	6.30 - 7.15pm LES MILLS Spinfit				

Newport Swimming and Fitness Centre

Monday	Tuesday	Wednesday	Thursday	Friday
9.15 - 10am	7.45 - 8.30pm		8.15 - 9pm	1 - 1.45pm
AquaFit	AquaFit		AquaFit	AquaFit

Dawley Sports and Leisure @ Langley School

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 - 7pm	5.30 - 6.30pm	6 - 7pm	5.30 - 6.30pm		
	Pilates	Yoga	Pilates	Pilates		
	7 - 8pm	6.30 - 7.30pm	8.30 - 9.30pm	6.30 - 7.30pm		
	Yoga	Legs Bums and Tums	Pilates	Yoga		

Oakengates Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.15 - 11am Aquaftit	11 - 11.45am Aquaftit	11 - 11.45am Aquaftit	5.30 - 6.30pm  LES MILLS BODYATTACK	5 - 5.45pm  ZUMBA	8.30 - 9.30am  LES MILLS BODYBALANCE	9 - 9.45am  LES MILLS SH'BAM
5.30 - 6.15pm  LES MILLS SH'BAM	5 - 6pm  LES MILLS BODYPUMP	5.30 - 6.15pm  LES MILLS SH'BAM	7.30 - 8.15pm Aquaftit	6 - 6.45pm  LES MILLS RPM		
5.30 - 6.15pm  LES MILLS RPM	6 - 6.45pm  LES MILLS RPM	6.30 - 7.30pm Vibe Step  VIBE				
6 - 7pm  LES MILLS BODYATTACK	6 - 7pm  LES MILLS BODYCOMBAT	7.30 - 8.30pm  LES MILLS BODYBALANCE				
6.15 - 7pm  LES MILLS RPM	7.15 - 8.15pm Legs Bums and Turns					
6.30 - 7.30pm  LES MILLS BODYBALANCE						
7.30 - 8.15pm Aquaftit						

Wellington Civic and Leisure Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10am CORE 	9.15 - 10.15am  BODYCOMBAT	9.15 - 10.15am  BODYBALANCE	9 - 10am  BODYPUMP	9 - 10am  BODYCOMBAT	8.30 - 9.15am  BODYPUMP	9.30 - 10.30am  BODYATTACK
10 - 11am  SH'BAM	10.15 - 11.15am  BODYPUMP	10.15 - 11.15am Legs Bums and Tums	10 - 10.30am CORE 	10 - 11am Pilates	9.15 - 9.45am CORE 	10.30 - 11.30am  BODYBALANCE
11am - 12noon Yoga	11.15am - 12.15pm Mature Mega Mix	11.15am - 12.15pm Pilates	10.45 - 11.45am Mature Mega Mix	11am - 12noon Pilates	9.45 - 10.45am Yoga	5 - 6pm Legs Bums and Tums
12noon - 1pm Pilates	12.15 - 1.15pm Pilates	5 - 6pm Yoga	12noon - 1pm Pilates	5 - 6pm  BODYPUMP	11am - 12noon Mega Mix	6 - 7pm Step 'n' Tone
5.30 - 6.30pm Pilates	5.30 - 6.30pm  BODYPUMP	6 - 7pm  ZUMBA	5.30 - 6.30pm  BODYCOMBAT	6 - 7pm  BODYBALANCE		
6.45 - 7.45pm  BODYPUMP	6.30 - 7.30pm  SH'BAM	7 - 8pm  BODYATTACK	6.30 - 7.30pm  ZUMBA			
8 - 9pm Legs Bums and Tums	7.30 - 8.30pm  BODYBALANCE		7.30 - 8.30pm  BODYBALANCE			

Wellington Civic and Leisure Centre - Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45 - 7.15am  LES MILLS sprint	6.45 - 7.30am  LES MILLS RPM VIRTUAL	6.45 - 7.15am  LES MILLS sprint	6.45 - 7.30am  LES MILLS RPM VIRTUAL	6.45 - 7.15am  LES MILLS sprint	7.15 - 7.45am  LES MILLS sprint	7.15 - 7.45am  LES MILLS sprint
9.30 - 10.15am  LES MILLS RPM	9.30 - 10.15am  LES MILLS RPM	9.30 - 10.15am  LES MILLS THE TRIP	9.30 - 10am  LES MILLS sprint	10 - 10.45am  LES MILLS RPM	8.15 - 9am  LES MILLS RPM	10.30 - 11am  LES MILLS sprint
10.30 - 11am  LES MILLS sprint	12.45 - 1.30pm  LES MILLS THE TRIP	12.45 - 1.15pm  LES MILLS sprint	12.45 - 1.30pm  LES MILLS THE TRIP	11 - 11.45pm  LES MILLS THE TRIP	12.15 - 1pm  LES MILLS THE TRIP	12.15 - 1pm  LES MILLS RPM VIRTUAL
12.45 - 1.30pm  LES MILLS RPM VIRTUAL	6.30 - 7.15pm  LES MILLS RPM	5.45 - 6.30pm  LES MILLS RPM	5.30 - 6pm  LES MILLS sprint	12.45 - 1.30pm  LES MILLS THE TRIP	5.15 - 6pm  LES MILLS RPM VIRTUAL	5.15 - 6pm  LES MILLS THE TRIP
5.45 - 6.30pm  LES MILLS RPM	7.30 - 8.15pm  LES MILLS THE TRIP	7 - 7.45pm  LES MILLS THE TRIP	6.15 - 7pm  LES MILLS RPM	6 - 6.30pm  LES MILLS sprint		
7.15 - 8pm  LES MILLS THE TRIP				6.45 - 7.30pm  LES MILLS RPM		

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

£18

per month*

www.telfordandwrekinleisure.co.uk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 10.15am	9.15 - 10.15am	9.15 - 10.15am	9.30 - 10.15am	9 - 10am	8.15 - 9am	9.30 - 10.30am
RPM	Body Combat	Body Balance	RPM	Body Combat	RPM	Body Attack
10 - 11am	9.30 - 10.15am	9.30 - 10.15am	5.30 - 6.30pm	10 - 10.45am	8.30 - 9.30am	9 - 9.45am
SH'BAM	RPM	RPM	Body Attack	RPM	Body Balance	SH'BAM
5.30 - 6.15pm	6 - 6.45pm	5.30 - 6.15pm	5.30 - 6.30pm	6 - 6.45pm	9.30 - 10.30am	10.30 - 11.30am
SH'BAM	RPM	SH'BAM	Body Combat	RPM	Body Combat	Body Balance
5.30 - 6.15pm	6 - 7pm	5.30 - 6.15pm	6 - 7pm	6 - 7pm	10.30 - 11.15am	
RPM	Body Combat	RPM	Body Balance	Body Balance	RPM	
5.45 - 6.30pm	6.15 - 7pm	5.45 - 6.30pm	6.15 - 7pm	6.45 - 7.45pm		
RPM	RPM	RPM	RPM	RPM		
6 - 7pm	6.30 - 7.15pm	6 - 7pm	7.30 - 8.15pm			
Body Combat	RPM	Body Combat	Body Balance			
6 - 7pm	6.45 - 7.30pm	7 - 8pm				
Body Attack	SH'BAM	Body Attack				
6.15 - 7pm	7.30 - 8.30pm	7.30 - 8.30pm				
RPM	Body Balance	Body Balance				
6.30 - 7.30pm						
Body Balance						
7.30 - 8.15pm						
RPM						

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

www.abrahamdarby.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 and Leisure Centre

Ironbridge Road, Madeley, Telford TF7 5HX

tel: 01952 382770

email: abrahamdarbyleisure@telford.gov.uk

Lawley and Horsehay Village Golf and Fitness Centre

Wellington Road, Horsehay, Telford TF4 3BT

tel: 01952 382639

email: horsehay.villagegolfcentre@telford.gov.uk

Newport Swimming and Fitness Centre

Victoria Park, Newport, Shropshire TF10 7LH

tel: 01952 382740

email: newpool@telford.gov.uk

Oakengates Leisure Centre

New Road Wrockwardine Wood, Telford TF2 7AB

tel: 01952 382810

email: oakleisure@telford.gov.uk

Dawley Sports and Leisure @ Langley School

Duce Drive, Dawley, Telford TF4 3JS

tel: 01952 382779

email: phoenixleisure@telford.gov.uk

Stirchley Sports and Leisure @ Park School

Please check with centre for opening times Grange Avenue,
Stirchley, Telford TF3 1ET

tel: 01952 382730

email: stirchleyrecreationcentre@telford.gov.uk

Wellington Civic and Leisure Centre

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

tel: 01952 382720

email: wellingtonleisure@telford.gov.uk

www.telfordandwrekinleisure.co.uk