

Church Stretton Leisure Centre Fitness Classes

Monday

9:15-10:00am Power of Weights	10:30-11:15am Mobility Stretch	6:00-6:45pm Step Aerobics	7:05-7:50pm Body Conditioning	8:15-9:00pm Spin
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Tuesday

9:15-10:00am Legs, Bums & Tums	10:20-11:05am Spin	5:00-5:45pm Pilates	6:30-7:15pm Circuits	7:35-8:20pm Spin
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Wednesday

9:30-10:15am Body Conditioning	10:35-11:20am Kettles	6:00-6:45pm Spin	7:05-7:50pm HITT
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PTO for Saturday class and more info

Thursday

9:15-10:00am Spin	10:20-11:05am Yoga	5:00-5:45pm Pilates	6:05-6:50pm Body Conditioning	7:10-7:55pm Stability Balls
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Friday

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



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Council

Saturday

9:30-
10:15am
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**