

Please contact us for information on other sports and activities

[www.slt-leisure.co.uk](http://www.slt-leisure.co.uk) 0845 659 4815

**Haden Hill Leisure Centre**

Barrs Road, Cradley Heath, B64 7HA  
Badminton • 5-a-side • Squash

Select Option 0

**Hadley Stadium Leisure Centre**

Wilson Road Smethwick, B66 4ND  
Badminton • Football

Select Option 1

**Harry Mitchell Leisure Centre**

Broomfield, Smethwick, B67 7DH  
Badminton • 5-a-side • Squash

Select Option 2

**Langley Swimming Centre**

Vicarage Road, Langley, Oldbury, B68 8HS  
Lessons • Clubs • Courses

Select Option 3

**Smethwick Swimming Centre**

Thimblemill Road, Smethwick, B67 5QT  
Lessons • Clubs

Select Option 4

**Tipton Sports Academy**

Wednesbury Oak Road, Tipton, DY4 0BS  
Badminton • Football • Squash • Tennis • Athletics

Select Option 5

**Wednesbury Leisure Centre**

High Bullen, Wednesbury, WS10 7HP  
Badminton • 5-a-side

Select Option 6

**Brandhall Golf Course**

Heron Road, Oldbury, B68 8AQ  
Pro Shop • Lessons • Golf Repair

Select Option 7

**Portway Lifestyle Centre**

Newbury Lane, Oldbury, B69 1HE  
Opens 2013

OPEN  
2013

Select Option 8

**Tipton Swimming Centre**

Queens Road, Tipton, DY4 8ND  
Lessons • Flume

Select Option 9

**Rowley Regis Learning Campus**

Curral Road, Rowley Regis, B65 9AN  
Badminton • Football • Indoor Cricket • Table Tennis

Select Option #

# Sandwell Leisure Trust Timetable



DISCOVER YOUR INNER CHAMPION

January - April 2012

[www.slt-leisure.co.uk](http://www.slt-leisure.co.uk)  
0845 659 4815



# Swimming Timetable

**KEY** ● Main Pool ● Small Pool

Please contact centres for main pool and small pool public swimming times Sandwell Leisure Trust operates an Under 8's Swimming Policy, please contact centre for further details. \*Sessions may alter during holiday periods \*\*Need to book

**Please note:** last ticket is issued 30 minutes before call out time. Timetable will change due to school holidays and school swimming requirements. Please check with reception for latest times. Costumes must be worn at all times.

## Haden Hill Leisure Centre

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	07.30 - 09.00 Lane Swim ● 09.00 - 10.00 Young at Heart 50+ ● 10.00 - 11.00 Swim School** ● 11.00 - 12.00 Disabled* ● 12.00 - 13.00 Lane Swim* ● 16.00 - 18.00 Swim School ● 15.30 - 17.00 Public Swim ● 17.00 - 18.00 Lane Swim ● 18.00 - 19.00 Public Swim ● 19.00 - 21.00 Adults Only ●	07.00 - 08.30 Lane Swim ● 08.30 - 09.30 Public Swim ● 09.30 - 10.15 Aqua Fit ● 10.15 - 11.00 Aqua Fit ● 11.00 - 12.00 Public Swim ● 11.00 - 12.00 Splash Time ● 12.00 - 13.00 Lane Swim* ● 16.00 - 19.30 Swim School ● 16.00 - 18.15 Swim School ● 21.15 - 22.00 Adult Swim ●	07.00 - 08.30 Lane Swim ● 08.30 - 09.30 Public Swim ● 12.00 - 13.00 Splash Time ● 12.00 - 13.00 Lane Swim ● 15.30 - 17.00 Public Swim ● 15.30 - 18.00 Family Swim ● 17.00 - 18.00 Lane Swim ● 18.00 - 18.45 Public Swim ● 18.00 - 20.30 Swim School ● 18.45 - 19.30 Aqua Fit ● 19.30 - 20.15 Aqua-Fit ●	07.00 - 08.30 Lane Swim ● 08.30 - 09.30 Public Swim ● 09.30 - 10.30 Swim School ● 09.30 - 10.15 Aqua Fit ● 10.15 - 11.00 Aqua Fit ● 11.00 - 12.00 Ladies Only ● 12.00 - 13.00 Lane Swim* ● 12.00 - 13.00 Splash Time ● 15.30 - 17.00 Public Swim ● 15.45 - 19.30 Family Swim ● 17.00 - 18.00 Lane Swim ● 18.00 - 19.30 Public Swim ●	07.00 - 08.30 Lane Swim ● 08.30 - 10.00 Public Swim ● 12.00 - 13.00 Splash Time ● 12.00 - 13.00 Lane Swim ● 16.00 - 19.00 Swim School ● 16.00 - 19.30 Swim School ● 19.00 - 21.30 Public Swim ●	07.55 - 12.00 Swim School ● 08.30 - 13.00 Swim School ● 12.00 - 15.15 Public Swim ● 13.15 - 15.00 Family Swim ● 15.15 - 16.30 Adult Only ●	08.00 - 09.00 Adults Only ● 09.00 - 12.00 Public Swim ● 09.00 - 15.00 Family Swim ● 12.00 - 13.00 Adults Only ● 13.00 - 15.00 Public Swim ●

## Langley Swimming Centre

	09.30 - 10.30 Disability Group* ● 10.30 - 11.00 Disability Group* ● 16.00 - 17.00 Swim School ● 16.30 - 17.30 Swim School ●	06.30 - 09.00 Lane Swim ● 09.00 - 13.00 Public Swim ● 11.00 - 11.45 Aqua Fit ● 12.00 - 13.00 Splash Time ● 16.00 - 18.30 Swim School ●	09.00 - 10.00 Young at Heart 50+* ● 12.15 - 13.00 Aqua Fit* ● 16.00 - 18.30 Swim School ● 16.00 - 18.00 Public Swim ● 18.45 - 19.30 Aqua Fit* ● 19.30 - 20.15 Aqua Fit* ●	06.30 - 09.00 Lane Swim ● 09.00 - 13.00 Public Swim ● 11.00 - 12.00 Young at Heart 50+ ● 16.00 - 18.30 Swim School ● 16.00 - 19.30 Swim School ● 19.30 - 21.00 Adult Lessons ●	09.30 - 10.30 Splash Time ● 16.00 - 19.00 Swim School ● 16.00 - 18.30 Swim School ● 19.15 - 20.00 Aqua Fit* ● 20.30 - 22.00 Adults Only ●	08.00 - 09.00 Rookies ● 09.00 - 12.30 Swim School ● 09.00 - 13.00 Swim School ● 13.00 - 14.00 Fun Session ● 13.15 - 14.15 Pool Party Hire ● 14.00 - 16.00 Public Swim ● 14.30 - 16.00 Family Swim ●	08.00 - 12.00 Public Swim ●
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## Smethwick Swimming Centre

	06.30 - 09.00 Adults Only ● 09.00 - 09.45 Ladies only ● 09.00 - 17.30 Public Swim ● 10.00 - 10.45 Ladies Only ● 11.00 - 11.45 Ladies Only ● 12.00 - 13.00 Adults Only ● 16.00 - 17.30 Swim School ● 20.30 - 21.15 Aqua Fit*	12.00 - 13.00 Public Swim ● 16.00 - 17.00 Public Swim ● 16.00 - 18.30 Public Swim ● 18.30 - 20.30 Public Swim ● 18.30 - 22.00 Adults Only ● 20.30 - 21.15 Aqua Fit*	06.30 - 09.00 Lane Swim ● 09.00 - 13.00 Public Swim ● 11.00 - 11.30 Swim School (Ladies Only) ● 12.00 - 13.00 Adults Only ● 16.00 - 17.30 Public Swim ● 18.45 - 19.30 Aqua Fit*	11.00 - 12.00 Aqua Natal (term time only) ● 12.00 - Aqua Fit* (Ladies Only) ● 12.00 - 13.00 Public Swim ● 16.00 - 18.30 Swim School ● 16.00 - 18.00 Swim School ● 18.00 - 19.30 Public Swim ● 18.30 - 20.30 Public Swim ● 19.30 - 22.00 Adults Only ●	06.30 - 09.00 Adults Only ● 09.00 - 13.00 Public Swim ● 10.00 - 10.45 Aqua Fit* ● 10.30 - 11.00 Parents & Toddlers (term time only) ● 11.00 - 12.00 Splash Time ● 16.00 - 17.30 Public Swim ● 16.00 - 18.30 Public Swim ● 17.30 - 18.30 Family Swim ● 18.30 - 19.45 Adults Only ● 18.30 - 20.30 Public Swim ●	09.00 - 13.30 Swim School ● 09.00 - 12.30 Swim School ● 12.30 - 16.30 Public Swim ● 13.30 - 17.00 Public Swim ● 16.30 - 17.30 Adults Only ●	08.00 - 12.30 Public Swim ●
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## Tipton Swimming Centre

**Wednesday times are subject to change.**  
Please call centre for details

	13.15 - 20.00 Public Swim ● 15.15 - 18.00 Family Swim ● 18.00 - 19.00 Fun Sessions ● 19.00 - 20.00 Lane Swim ● 19.00 - 20.00 Public Swim ● 20.00 - 21.00 Adults Only ●	07.15 - 11.00 Public Swim ● 11.00 - 11.45 Aqua Fit ● 11.00 - 12.00 Parents & Toddlers ● 12.00 - 13.00 Splash Time ● 12.00 - 13.00 Young at Heart 50+ ● 15.15 - 16.00 Public Swim ● 16.00 - 18.30 Swim School ● 18.30 - 19.15 Aqua Fit ● 19.30 - 21.00 Public Swim ●	12.00 - 13.00 Ladies Only ● 16.00 - 19.00 Public Swim ● 16.00 - 18.00 Swim School ● 18.00 - 19.00 Public Swim ● 20.00 - 21.00 Adults Only ● (2 lanes only)	07.15 - 11.00 Public Swim ● 11.00 - 11.45 Aqua Fit ● 11.00 - 12.00 Parent & Toddler ● 12.00 - 13.00 Ladies Only ● 12.00 - 13.00 Splash Time ● 15.15 - 16.00 Public Swim ● 16.00 - 18.30 Swim School ● 18.30 - 20.00 Public Swim ● 20.00 - 21.00 Adults Only ●	15.15 - 16.00 Public Swim ● 16.00 - 18.30 Swim School ● 18.30 - 20.00 Public Swim ● 19.00 - 20.00 Public Swim ● 20.00 - 21.00 Adults Only ●	08.15 - 14.00 Public Swim ● 09.00 - 13.00 Swim School ● 12.00 - 13.00 Fun Session ● 13.00 - 14.00 Family Swim ● 14.00 - 15.00 Pool Party Hire ●	08.15 - 13.00 Public Swim ● 09.00 - 13.00 Public Swim ●
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## Wednesbury Leisure Centre

**Both pools closed until end of Feb 2012**  
Please call centre for details

	STARTS SPRING 2012	STARTS SPRING 2012	STARTS SPRING 2012	STARTS SPRING 2012	STARTS SPRING 2012	STARTS SPRING 2012	STARTS SPRING 2012
	07.15 - 09.30 Public Swim ● 09.30 - 10.30 Young at Heart 50+ ● 12.00 - 13.00 Public Swim ● 12.30 - 13.15 Aqua Fit* ● 16.00 - 18.30 Public Swim ● 16.00 - 18.30 Family Swim ●	07.15 - 09.30 Public Swim ● 12.00 - 13.00 Public Swim ● 15.15 - 16.00 Public Swim ● 17.30 - 20.30 Public Swim ● 16.00 - 17.30 Swim School ● 16.00 - 18.30 Swim School ● 18.30 - 20.30 Family Swim ● 20.30 - 22.00 Adults Only ●	07.15 - 09.30 Public Swim ● 12.00 - 13.00 Public Swim ● 12.00 - 13.00 Splash Time ● 15.15 - 16.00 Public Swim ● 16.00 - 18.30 Swim School ● 18.30 - 19.30 Adult Lessons ● 18.30 - 19.30 Public Swim ● 20.15 - 21.00 Aqua Fit* ● 20.30 - 22.00 Adults Only ●	07.15 - 09.30 Public Swim ● 12.00 - 13.00 Splash Time ● 12.30 - 13.15 Aqua Fit* ● 15.15 - 16.00 Public Swim ● 16.00 - 18.30 Swim School ● 18.30 - 19.15 Aqua Fit* ● 20.30 - 22.00 Adults Only ●	07.15 - 09.00 Public Swim ● 09.00 - 10.30 Disability Group ● 12.00 - 13.00 Splash Time ● 12.00 - 13.00 Public Swim ● 15.15 - 16.00 Public Swim ● 16.00 - 18.30 Swim School ● 18.30 - 20.30 Public Swim ● 18.30 - 20.30 Family Swim ● 20.30 - 22.00 Adults Only ●	07.15 - 08.15 Public Swim ● 08.15 - 13.15 Swim School ● 13.15 - 16.00 Public Swim ● (● may close 13.00 - 14.00 due to parties)	07.15 - 13.00 Family Swim ● 08.30 - 14.30 Family Swim ● (● may close 13.00 - 14.00 due to parties) 13.00 - 14.30 Adults Only ●

**Please note:** Splash Time is a fun session for parents and toddlers

# Fitness Classes

\*Sessions may alter during holiday periods \*\* Pay and Play only, Leisure Pass discount available

**Please note** that fitness classes may change. Contact your nearest leisure centre for latest information. For your own health and safety and for the enjoyment of yourself and others, we strongly advise you arrive promptly for the start of all group fitness classes.

NEW

Spin Studio

COMING SOON

Extended Gym and refurbished Dance Studio

NEW

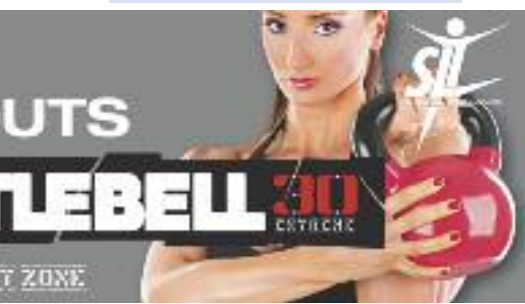
Dance Studio & Classes

## Rowley Regis Learning Campus

Sports and community facilities available for hire

- Fitness Classes • Gym • Badminton
- Football • Indoor Cricket

Evenings and Weekends with Sandwell Leisure Trust



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>Haden Hill Leisure Centre</b>	09.15 Spin 09.45 Bums, Legs & Tums 10.00 50+ Aerobics 11.00 ZUMBA®** 17.30 BODYPUMP™ 18.00 Spin 18.00 ViPR30 EXTREME 18.30 Circuit Training 18.30 Kettlebell30 EXTREME 18.45 Spin 18.45 ZUMBA®** 19.15 Team Extreme 19.30 Step 20.00 Spin 20.00 ZUMBA®** 20.30 Bums, Legs & Tums	09.15 Spin 09.30 Aqua-Fit 10.00 Aerobics 10.00 ZUMBA®** 10.15 Aqua-Fit 11.00 Bums, Legs & Tums 11.00 Fitness Tai Chi 17.30 Bums, Legs & Tums 18.00 Box-a-cise 18.00 Spin 18.30 Fitness Yoga 18.45 Spin 19.00 Circuit30 EXTREME 19.30 Express Abs 19.30 Step 19.45 Spin 20.00 ZUMBA®** 20.30 Spin	09.15 BODYPUMP™ 10.00 ZUMBA®** 10.30 Fitness Yoga 10.30 Spin 18.00 BODYPUMP™ 18.00 BODYCOMBAT™ 18.45 Aqua-Fit 19.00 Circuit Training 19.00 Express Abs 19.00 ZUMBA®** 19.15 Spin 19.30 Aqua-Fit 19.30 Team Extreme 20.00 Spin 20.15 BODYPUMP™	09.30 Aqua-Fit 10.00 50+ Aerobics 10.15 Aqua-Fit 11.15 Bums, Legs & Tums 17.30 Spin 17.45 BODYCOMBAT™ 18.00 Box-a-cise 18.15 Spin 18.45 ZUMBA®** 19.30 Circuit30 EXTREME 19.00 Express Abs 19.00 Spin 19.45 Bums, Legs & Tums 20.00 ZUMBA®**		09.30 BODYPUMP™ 10.30 Spin 17.30 Spin 17.45 Circuit30 EXTREME 18.15 Spin 19.30 Fitness Yoga	09.30 BODYPUMP™ 09.30 Spin 09.45 Kettlebell30 EXTREME 10.30 Bums, Legs & Tums 11.00 ZUMBA®**	09.15 Spin 10.00 Step 10.00 Team Extreme 11.15 BODYPUMP™
<b>Hadley Stadium Leisure Centre</b>	18.45 Box-a-cise		18.00 ZUMBA®**	18.30 Circuit Training		10.00 Jogging Club		
<b>Harry Mitchell Leisure Centre</b>	10.00 ZUMBA®** 18.30 Express Abs 19.00 Bums, Legs & Tums 20.00 BODYCOMBAT™	18.15 Aerobics 19.15 Fitness Yoga	10.00 50+ Aerobics 18.30 BODYCOMBAT™ 19.30 Bums, Legs & Tums	18.30 Step 19.30 ZUMBA®**	17.30 Box 2 B Fit		11.00 Aerobics	
<b>Langley Swimming Centre</b>		11.00 Aqua-Fit 50+	11.30 Gentle Exercise 12.15 Aqua-Fit* 18.45 Aqua-Fit* 19.30 Aqua-Fit*		19.15 Aqua-Fit*			
<b>Rowley Regis Learning Campus</b>	18.15 Bums, Legs & Tums 19.15 Fitness Yoga	18.15 Bums, Legs & Tums 19.15 ZUMBA®**	19.15 ZUMBA®**	18.15 Aerobics 19.15 Express Abs				
<b>Smethwick Swimming Centre</b>	14.00 Gentle Exercise 17.45 Circuit30 EXTREME 18.15 Express Abs 20.30 Aqua-Circuits*	18.00 Bollywood Aerobics 19.00 Bums, Legs & Tums 20.00 Fitness Yoga 20.30 Aqua-Dance*	17.45 BODYPUMP™ 18.45 Aqua-Attack*	11.00 Aqua Natal (term time only) 12.15 Aqua-Fit* (Ladies Only) 18.45 Bums, Legs & Tums	09.30 Aqua-Fit*	09.00 Bums, Legs & Tums 10.15 BODYPUMP™	09.30 ZUMBA®** 10.45 ZUMBA®**	
<b>Tipton Sports Academy</b>	18.00 Circuit30 EXTREME 18.30 Circuit30 EXTREME 19.00 Bums, Legs & Tums	18.00 ZUMBA®** 19.00 ZUMBA®** 20.00 Express Abs 20.30 ViPR30 EXTREME	19.00 BODYPUMP™ 20.15 Fitness Yoga	10.00 ZUMBA®** 18.30 Kettlebell30 EXTREME 19.00 ViPR30 EXTREME 19.30 BODYPUMP™	18.00 ZUMBA®**		10.00 BODYPUMP™	
<b>Tipton Swimming Centre</b>	18.30 Circuit30 EXTREME 19.00 Bums, Legs & Tums	11.00 Aqua-Fit 18.30 Aqua-Fit 19.00 Box-a-cise	18.30 ViPR30 EXTREME 19.00 Aerobics	11.00 Aqua-Fit 19.00 ZUMBA®**				
<b>Wednesbury Leisure Centre</b>	12.30 Aqua-Fit* (from Spring) 18.00 BODYPUMP™ 19.00 Circuit Training	19.00 Bums, Legs & Tums	18.00 Circuit Training 19.00 Step 20.15 Aqua-Fit* (from Spring)	12.30 Aqua Fit* (from Spring) 18.00 ZUMBA®** 18.30 Aqua Attack (from Spring) 19.00 BODYPUMP™ 20.00 Circuit30 EXTREME		10.00 BODYPUMP™	10.00 BODYPUMP™	

EXTREME 30 MINUTE WORKOUTS

CIRCUIT 30 EXTREME

VI PR 30 EXTREME

KETTLEBELL 30 EXTREME

CAUTION YOU ARE ABOUT TO LEAVE YOUR COMFORT ZONE

# Gyms



From state of the art fitness suites to traditional free weights rooms, there is something for every workout in Sandwell Leisure Trust's seven gyms.

### Our services include:

- Gym inductions
- Personal programmes
- Friendly, helpful instructors
- Gym competitions
- Women only sessions
- GP referral scheme

Look out for the SynerGym logo which indicates gyms with the latest CV and resistance equipment along with TV, radio and iPod docking.



Please check the timetable below for facilities and opening times.

### Please note

- Last gym entry is 30 minutes before closing time.
- Facilities may vary between centres.

Visit [www.slt-leisure.co.uk](http://www.slt-leisure.co.uk) or call your local centre on 0845 659 4815 for details.

LANGLEY SWIMMING CENTRE  
VICARAGE RD, OLDBURY, B68 8HS

## tone & go STUDIO

- Aid weight loss • Improve mobility • Tone & firm • Ease tension

Gently work your entire body in a safe, relaxed and easy way

Six power assisted toning chairs can provide a safe and gentle 30 minute workout in our relaxed, private and friendly studio.

Inductions and 30 minute sessions can be prebooked during the following times:

**Monday 09.00 - 20.30**

**Wednesday 09.00 - 20.30**

**Friday 09.00 - 20.30**

**Sunday 08.30 - 12.30**

**Tuesday 07.00 - 20.30**

**Thursday 07.00 - 20.30**

**Saturday 08.00 - 13.00**

Last admission 30 minutes before closing time.

The facility includes

- FREE parking
- Chilled water dispenser
- Entertainment screens.

**Pay as you go at just £4 per session or monthly direct debit membership £22.80.**

Leisure Pass discounts, concessions and all inclusive use with Gold membership also available.



## Group Fitness Class Guide

The classes on our programme have been designed and tailored to suit the needs of all fitness levels, from beginners to the fittest.

If you want more information on any of the classes please ask a member of our staff or visit our website where full class descriptions can be found.

All our instructors are trained to a high level – please feel free to speak to them if you have any questions. Fitness classes may change at any time. Please contact your nearest centre for the latest information, or see our website.

For your own health & safety and for the enjoyment of yourself and others we strongly advise

you to arrive promptly for the start of all group fitness classes.

**Please tell your instructor if you are pregnant, have recently given birth or have any injuries. Classes are open to customers over 14 years of age.**

[www.slt-leisure.co.uk/group-fitness](http://www.slt-leisure.co.uk/group-fitness)



**FUN**

Have fun whilst getting fit! There is no catch - turn up and be prepared for a great time and a great workout!

Bollywood Aerobics  
ZUMBA®



**GET IN SHAPE**

Get in shape, burn fat and tone your muscles. A range of classes to help you get the results you really want.

Aerobics  
AQUA  
**NEW** BODYCOMBAT™  
BODYPUMP™  
Box-a-cise  
Bums, Legs & Tums  
Circuit30  
**NEW** Team Extreme



**MIND, BODY & SOUL**

Refresh, revitalise and reawaken. With our Mind, Body & Soul classes you will improve your flexibility, improve posture and de-stress.

Circuit Training  
Express Abs  
Jogging Club  
Step  
Spin  
50+ Aerobics  
Kettlebell30  
ViPR30  
Fitness Tai Chi  
Fitness Yoga  
Gentle Exercise

**AQUA Attack** An explosive and energetic class combining a mix of martial arts, combat and kick boxing – all in the water! Improve strength and stability finishing with Tai Chi to help improve flexibility (45 mins).

**AQUA Circuits** A unique class which uses different pieces of equipment to provide a resistance training workout in the water. Strengthen, condition and support your muscles in this amazing full body workout (45 mins).

**AQUA Dance** Packed full of sizzling and inspiring moves, AQUA Dance will soon have you boogying your way to a fitter and healthier you (45 mins).

**AQUA Fit** A refreshing workout in the pool. This class reduces the impact on your joints whilst the water's resistance challenges your muscles. Non swimmers welcome, takes part in shallow water, deep water optional (45 mins).

**AQUA Natal** A soothing form of exercise for expectant mothers offering many health benefits. This class is a great way to exercise, relax and socialise both during and following pregnancy (45 mins).

**50+ Aerobics** Fun and enjoyable class for men and women aged over 50. Can help improve mobility to keep you active (1hr).

**Aerobics** Motivating high and low impact moves to improve cardiovascular fitness. Great for fat burning. Includes a floor work section (1hr).

**BODYCOMBAT™** The empowering cardio workout where you are totally unleashed. This fiercely energetic programme is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, t'ai chi and Muay Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness. (1hr)

**BODYPUMP™** This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. (1hr)

**Bollywood Aerobics** Combines popular Indian dance with elements of belly dancing, Bhangra and Latin moves. A superb dance workout (1hr).

**Box-a-cise** A circuit session using unique boxing exercises and techniques to produce the ultimate fitness and toning workout (1 hr).

**Bums, Legs & Tums** Non impact class that concentrates on these specific areas. Helps to tone these major muscle groups (1 hr).

**Circuit30** Extreme circuit training using innovative techniques and equipment to give you the ultimate workout. (30 mins)

**Circuit Training** Workout at different cardio vascular, strength and endurance stations. Station examples skipping, sit ups, shuttle runs and press ups (1 hr).

**Express Abs** 30 minute session that exercises your core muscles. (30 mins)

**Fitness Tai Chi** Low impact class aimed to enhance the mind, body, relaxation and general wellbeing (1 hr).

**Fitness Yoga** Uses deep stretching, yoga postures to help improve flexibility and muscle endurance. Participants must have no hip, knee or back problems (1 hr).

**Kettlebell30** A high intense workout providing the ultimate fat-blasting, functional workout in less time. Kettlebells will develop strength, flexibility, stability, endurance and cardiovascular capacity. (30 mins).

**Multi Activity Session including Gentle Exercise** Designed for the over 60s. Combines fitness and social activities.

**Step** Cardio vascular workout that tones the lower body. Great for fat burning (1 hr).

**Spin** High energy, low impact cardio session on bikes set within the studio. This session has motivational instructors, inspiring music and is great for burning calories. (45 mins)

**Team extreme** The ultimate group training experience where you'll be leaving your comfort zone. Working in pairs or small groups you'll use exercises and drills with body weight, Kettlebells, ViPRs and other functional equipment to create the ultimate team workout.

**ZUMBA®** A fusion of hypnotic Latin rhythms and easy to follow moves create a dynamic fitness programme that will blow you away (1 hr).

**ViPR30** This intense session uses one of the most innovative pieces of equipment to provide an effective whole-body workout to build muscle and burn calories. (30 mins)



### Haden Hill Leisure Centre

- Fitness Suite • Over 50s sessions

**Monday - Friday** 7.00 - 22.00

**Saturday** 8.00 - 21.00

**Sunday** 8.00 - 20.00

### Hadley Stadium Leisure Centre

- Fitness Suite (9.00 - 16.00 Customers may share area with schools)

**Monday - Friday** 9.00 - 22.00

**Saturday** 9.00 - 18.00

**Sunday** 9.00 - 18.00

**Tuesday** 9.00 - 12.00 (Ladies only)

### Harry Mitchell Leisure Centre

- Separate Women Only Gym • Free Weights Gym including Hammer Strength equipment & Cardio Suite

**Monday - Friday** 8.30 - 22.30

**Saturday** 8.30 - 17.30

**Sunday** 8.30 - 17.30

### Rowley Regis Learning Campus

- New Fitness Suite

**Monday - Friday** 18.15 - 21.15

**Saturday** 10.00 - 15.00

**Sunday** 10.00 - 15.00



### Smethwick Swimming Centre

- Fitness Suite • GP Referrals

**Monday, Tuesday,** 6.30 - 22.00

**Wednesday, Friday** 9.00 - 22.00

**Thursday** 9.00 - 22.00

**Saturday** 8.00 - 17.30

**Sunday** 8.00 - 12.30



### Tipton Sports Academy

- New Fitness Suite

**Monday - Friday** 9.00 - 22.00

**Saturday** 9.30 - 20.00

**Sunday** 9.30 - 20.00



### Wednesbury Leisure Centre

- Fitness Suite • GP Referrals • Over 50s sessions

**Monday - Friday** 7.00 - 22.00

**Saturday** 7.00 - 16.00

**Sunday** 7.00 - 16.00

# Sauna/Steam

## Haden Hill Leisure Centre

## Smethwick Swimming Centre

	Haden Hill Leisure Centre	Smethwick Swimming Centre
<b>MON</b>	08.00 - 14.00 (MEN) 15.00 - 21.00 (MIXED)	06.30 - 14.00 (MEN) 15.00 - 21.00 (MEN)
<b>TUES</b>	08.00 - 14.00 (MIXED) 15.00 - 21.00 (MIXED)	06.30 - 14.00 (LADIES) 15.00 - 21.00 (LADIES)
<b>WED</b>	11.00 - 14.00 (MIXED) 15.00 - 21.00 (MIXED)	06.30 - 14.00 (MEN) 15.00 - 21.00 (MEN)
<b>THURS</b>	08.00 - 14.00 (LADIES) 15.00 - 21.00 (MIXED)	09.00 - 14.00 (LADIES) 15.00 - 21.00 (LADIES)
<b>FRI</b>	08.00 - 14.00 (MIXED) 15.00 - 21.00 (MIXED)	15.00 - 21.00 (MEN) 06.30 - 14.00 (LADIES)
<b>SAT</b>	08.00 - 14.00 (MIXED) 15.00 - 21.00 (MIXED)	08.00 - 12.30 (MEN) 13.30 - 17.30 (LADIES)
<b>SUN</b>	08.00 - 14.00 (MIXED) 15.00 - 19.00 (MIXED)	08.00 - 12.30 (MEN)

## The Public What's On Highlights

Community  
**VISIT FATHER CHRISTMAS**  
 10, 17 and 23 December 2011  
 11.30am - 2pm | £3.50  
 (includes present and photo)  
**CHRISTMAS CAROL SINGING**  
 3, 10 and 17 December 2011  
 12.30pm - 1.30pm | Free

Music  
**JOHNNY 2 BAD: UB40 TRIBUTE**  
 Saturday 11 February 2012 | EB adv, £10 otd  
 Begins 8.30pm | Suitable for ages 18+

Comedy  
**THE PUBLIC COMEDY SHOWCASE**  
 Friday 3 February 2012 | £8 (£6 conc.)  
 Begins 8pm | Suitable for ages 18+

Comedy  
**MIKE GUNN AND SEAN COLLINS**  
 Friday 2 March 2012 | £12, £10 concessions  
 Begins 8pm | Suitable for ages 18+

**FEBRUARY HALF TERM ACTIVITIES**  
 Monday 13 February - Friday 17 February 2012

To book tickets call 0121 533 7161 or visit [thepublic.com](http://thepublic.com)

**THE PUBLIC**

New Street, West Bromwich. B70 7PG  
[www.thepublic.com](http://www.thepublic.com) | 0121 533 7161

## Sport and Physical Activity Sessions

Try a new sport or brush up your skills at an activity session:

### Casual Bowls

Haden Hill Leisure Centre

Monday 9.30 - 11.30, £1.50

Tipton Sports Academy

Thursday 10.00 - 12.00, £1.55

Hadley Stadium

Friday 14.00 - 16.00, £1.55 Ages 50+

### Back to Netball

Wednesbury Leisure Centre

Tuesday 18.00 - 19.00, £2.50 Ages 16+

Haden Hill Leisure Centre

Tuesday 18.00 - 19.30, £3.20 Ages 16+

### Badminton Coaching

Haden Hill Leisure Centre

Thursday 20.00 - 22.00, £3 Ages 16+

Hadley Stadium (Disability Session)

Tuesday 17.00 - 18.00, £1

### Return to Rounders

Tipton Sports Academy

Saturday 13.00 - 14.00 - Adults, £2.50 Children £1.25

Rowley Regis Learning Campus

Saturday 14.00 - 15.00 - Adults, £2.50 Children £1.25

### Sandwell Valley Mile for Sport Relief

Sandwell Valley Park

Sunday 25 March 2012, 10.00 - 13.00

Choose between 1,3 or 6 miles.

Visit [www.slt-leisure.co.uk](http://www.slt-leisure.co.uk) to enter

### Back2Badminton/No Strings Badminton

Harry Mitchell Leisure Centre

Saturday 14.00 - 15.00

Rowley Regis Learning Campus

Tuesday 18.15 - 19.15 (starts end of January)

Tipton Sports Academy

Saturday 14.00 - 15.00 and Monday 11.00 - 12.00

Wednesbury Leisure Centre

Saturday 13.00 - 14.00 and 14.00 - 15.00

Haden Hill Leisure Centre

Call centre for details

£1.50 Adults and families welcome

Contact us for more information on community sport and physical activity near you. The team can also be contacted about coaching, club/coach/volunteer support and sports specific advice.

**Sport Development and Physical Activity Team**  
**Call: 0121 506 4980 Visit: [www.slt-leisure.co.uk](http://www.slt-leisure.co.uk)**