

WORKOUT WITH MIKA

Community Fitness in Stoke-on-Trent & Newcastle-under-Lyme

workoutwithmika.co.uk

WEEKLY TIMETABLE

from Jan 2026

	DAYTIME	EVENING
MONDAY		17.30-18.20 POWERHOOP 18.30-19.20 DANCE WORKOUT 19.40-20.30 ROCKBOX at Wolstanton Methodist
TUESDAY	13.30-14.30 CHAIR BOOGIE* at Penkhull Village Hall	
WEDNESDAY	10.30-11.30 CHAIR BOOGIE* at St Wulstan's	17.00-17.50 LINE UP! 18.00-18.50 POWERHOOP 19.00-19.50 BRAZILIAN DANCE at Penkhull Village Hall
THURSDAY		18.00-18.50 ROCKBOX at King St Studios
FRIDAY	10.00-10.50 LINE UP! at St Wulstan's	

CLASS DESCRIPTIONS:

LINE UP - Low impact, easy-going line dancing fitness to all kinds of music

ROCKBOX - Punch, kick and smash drumsticks to rock music for a full body workout and stress release

POWERHOOP - Weighted hula hooping for 360° core/waist workout, combined with cardio and strength exercises

CHAIR BOOGIE - Seated dance fitness to improve strength, balance and mobility * Priced separately at £3 on the door

BRAZILIAN DANCE - Dance Fitness with a twist! Traditional, carnival and social dances from all over Brazil

DANCE WORKOUT - Easy routines to uplifting pop music combining dance steps with full body toning exercises

VENUES:

ST WULSTAN'S - Church Lane, Wolstanton, NUL, ST5 0EF / Free car park and nearby additional car park

KING ST STUDIOS – 14A King St, Central NUL, ST5 1EJ / Free 2 hours on street parking

PENKHULL VILLAGE HALL – Trent Valley Road, Penkhull, SOT, ST4 5JB / Free car park and on street parking

WOLSTANTON METHODIST - Grosvenor Place, Wolstanton, NUL, ST5 0HS / Free car park

PRICES & BOOKING:

SINGLE CLASS £6

10 CLASS CREDITS £40 / Use for any of the weekly classes, valid for 12 weeks

BOOK USING GYM CATCH Search 'GymCatch Mika' or use the QR code

