

# STATION SPORTS CENTRE

## Exercise Class Programme

Opening Times

Monday - Friday - 07:00 - 21:30

Saturday & Sunday - 08:00 - 16:00

'live a great life!'

- CIRCUITS** - A wide range of exercises designed to help with muscle tone, strength and cardiovascular fitness. Varies every week to keep it fun.
- BOXERCISE** - Punch your way to fitness while working your whole body using boxing techniques. Great fun so you hardly notice how hard you are working!
- CORE STABILITY**- A unique aerobic fitness class suitable for all levels of fitness. Includes circuits, games and the use of stability balls in order to target your legs, bum and tum. This is an ideal way in reducing back pain, improving posture and tightening the mid section with a specific set of exercises.
- CYCLE** - the calorie burner. A heart and lung workout set to music and workouts designed by the instructor. A great class for those looking for cardiovascular fitness and calorie burning.
- FITNESS ACADEMY** - Cardiovascular, gym based exercise for 11-15 year olds with some supervised muscle tone work to add variation.
- GROOVY MOVERS** - An aerobic workout for beginners and intermediate levels of fitness.
- KETTLEBELL CIRCUITS** - kettlebell exercises to keep heart rate up and to tone up whole body. This will be short burst exercises with average weight kettlebell to work on tone.
- KETTLERCISE** - a full body workout using the Kettle Bells. Due to the full body nature of this class you will burn calories and get great muscle tone at the same time. Great class for anyone looking for improved muscle tone.
- L.B.T** - A generic workout for your legs, bums and tums.
- PILATES** - A class combining stretching and strength work to improve posture and mobility on the muscles around the spine. Suitable for beginners.
- PiYo** - Combines muscle sculpting, core firming benefits of Pilates with strength and flexibility advantages of Yoga.
- ERS SESSION** - A supervised and programmed based fitness session specifically designed for those prescribed exercise from their GP!

	Monday	Tuesday	Wednesday	Thursday	Friday	
7am						7am
8am						8am
9am		9:00am ERS Session		9:00am ERS Session		9am
10am	9:45am Groovy Movers	10:00am Cycle	9:45am Groovy Movers	10:00am Kettlercise	9:45am Groovy Movers	10am
11am	10:30am Core Stability	11:00am Kettlebell Circuits	10:30am Core Stability	11:15am Cycle	10:30am Boxercise	11am
12pm					11:00am ERS Session	12pm
1pm		1:00pm Pilates				1pm
2pm		2:00pm PiYo	2:00pm Cycle		2:00pm Cycle	2pm
3pm	3:00pm ERS Session		3:00pm L.B.T			3pm
4pm						4pm
5pm		5:00pm Fitness Academy				5pm
6pm	6:00pm Cycle					6pm
7pm	7:00pm Circuits	7:00pm Cycle	7:00pm Cycle	7:00pm Boxercise		7pm
8pm						8pm
9pm						9pm
10pm						10pm

All classes are for 16 years and above unless labelled otherwise.

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.

### Station Sports Centre

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MV SSC Exercise Prog V15 0319

[www.magnavitae.org](http://www.magnavitae.org)

A Partner to East Lindsey District Council  
Magna Vitae is a Registered Charity. Charity Number 1160156

Information is correct at time of printing 03/2019. The Magna Vitae Facility Management Team reserves the right to alter sessions, times and charges.