

STATION SPORTS CENTRE

'live a great life!'

Exercise Class Programme

Opening Times

Monday - Friday - 07:00 - 21:30

Saturday & Sunday - 08:00 - 16:00

- 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** - A gentle dancercise session aimed at the more mature adult.
- 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.
- 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.
- GROOVE FX** - A stylised low impact aerobic workout that captures the essence of dance, combines it with fun and delivers real fitness results.
- ERS SESSION** - A supervised and programmed based fitness session specifically designed for those prescribed exercise from their GP!
- NEON FIT** - Dance your way fit with our aerobics sessions in the dark!

	Monday	Tuesday	Wednesday	Thursday	Friday	
7am						7am
8am						8am
9am		ERS Session		ERS Session		9am
10am	Groovy Movers	Cycle	Groovy Movers	Ketllercise	Groovy Movers	10am
11am	Core Stability	Kettlebell Circuits	Core Stability	Cycle	ERS Session	11am
12pm						12pm
1pm		Pilates				1pm
2pm		PiYo/Groove FX			Cycle	2pm
3pm	ERS Session					3pm
4pm						4pm
5pm		Fitness Academy	ERS Session			5pm
6pm	Cycle					6pm
7pm	Circuits	Cycle	Cycle	Boxercise		7pm
8pm			NEON FIT*			8pm
9pm						9pm
10pm						10pm

*NEON FIT is held at St. Mary's Church Hall, Mablethorpe, Lincolnshire, LN12 1HT.

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.

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

Station Sports Centre

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MV SSC Exercise Prog V15 0319

www.magnavitae.org

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