

Station Sports Centre

Fitness & Exercise Class Programme

From 4th September

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	
Kettlebells A workout with Kettlebells and body weight exercises in a small class setting. Slow grind Kettlebell lifts are meant to increase total body strength, muscular strength and stamina, as well as a focus like no other exercise.															6am
		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					7am
		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session			8am
Circuits Join us for a 'circuit' of short movements, repeated several times with a short period of rest inbetween. You only work each muscle area for a short time, but you keep your whole body working hard the whole way through.		Fitness Session		Fitness Session	Adult Multi Sports	Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	9am
		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	10am
Cycle Cycle is a high intensity exercise class on a stationary bike. It combines cardio and endurance in a 45 minute calorie crunching session!	Ageless & Agile	Fitness Session		Fitness Session		Fitness Session	Kettlebells	Fitness Session		Fitness Session	Walking Group	Fitness Session		Fitness Session	11am
		Fitness Session	Cycle	Fitness Session		Fitness Session	Cycle	Fitness Session		Fitness Session		Fitness Session		Fitness Session	12pm
Sure Start Sure Start is for 0-5 years. This is a soft play session that takes place from 1-2pm every Thursday!				Fitness Session		Fitness Session		Fitness Session							1pm
Football Session Fancy a Friday Football session? We have 2 different age groups for you to start perfecting your skills! (5-9yrs and 9-13yrs)				Fitness Session		Fitness Session	Sure Start (0-5yrs)	Fitness Session							2pm
				Fitness Session		Fitness Session		Fitness Session							3pm
Ageless & Agile The way to improve your Monday's! (Ranging from nutritional advice, well-being advice, chats, cuppas and walks!)		Fitness Session		Fitness Session		Fitness Session		Fitness Session							4pm
Walking Group Make friends, as you walk and keep fit - all at your own pace. Suitable for all abilities.		Fitness Session		Fitness Session		Fitness Session		Fitness Session							5pm
Adult Multi Sports Various sports such as badminton, table-tennis, sports wall, basketball and new age curling!		Fitness Session		Fitness Session		Fitness Session		Fitness Session							6pm
	Circuits	Fitness Session	Cycle	Fitness Session		Fitness Session	Cycle	Fitness Session		Football Session (5-9yrs)	Fitness Session				7pm
		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Football Session (9-13yrs)	Fitness Session				8pm
															9pm

Please note:
Our Programme is subject to change at the discretion of our Duty Manager.
Unfortunately, this is often for reasons beyond our control.
Thank you for all of your support and understanding!

Stay up to date!
Download our App for free from your App Store!

