## Station Sports Centre Fitness and Group Exercise Programme From 9<sup>th</sup> May 2022

Exercise Class Prices

Non Member MV Card Holder MV Concession Card Holder

45mins - 1 hour £6.80 £5.65 £5.10

Kettlebells	A workout with Kettlebells and body		MON	NDAY	TUE	SDAY	WEDN	IESDAY	THUR	RSDAY	FRII	DAY	SATU	IRDAY	SUN	IDAY	
	weight exercises		Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	
	in a small class setting. Slow grind Kettlebell lifts are	6am															6am
	meant to increase total body strength, muscular strength	7am		Fitness		Fitness		Fitness		Fitness		Fitness					7am
	and stamina, as well as a focus like no	8am		Session		Session		Session		Session		Session					8am
Circuits	other exercise.  Join us for a 'circuit'	-		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	
	of short movements, repeated several	9am	Wellbeing	Fitness		Fitness		Fitness		Fitness	Wellbeing	Fitness		Fitness		Fitness	9am
	times with a short period of rest in	10am	Workout	Session		Session		Session		Session	Workout	Session		Session		Session	10am
	between. You only work each muscle			Fitness		Fitness		Fitness	Kettlebells	Fitness		Fitness		Fitness		Fitness	
	area for a short time, but you keep	11am		Session		Session		Session	Rettiebells	Session		Session		Session		Session	11am
	your whole body working hard the whole way through.	12pm		Fitness Session	Cycle	Fitness Session		Fitness Session	Cycle	Fitness Session		Fitness Session		Fitness Session		Fitness Session	12pm
Cycle	Cycle is a high intensity exercise	_ 12piii						Fitness		Fitness							LZPIII
	class on a stationary bike. It combines	1pm						Session		Session							1pm
	cardio and endurance in								Sure Start (0-5yrs)								
	a 45 minute calorie-crunching session!	2pm							(0 3 ) 1 3								2pm
Wellbeing	Incorporating	- 3pm						-									3pm
Workout	mobility, toning, strength and stretching in a 45	4pm		F-1.		E.											4pm
Sure Start	minute class  Sure Start is for			Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					_
Sure Start	0-5 years. This is a soft play session	5pm		Fitness		Fitness		Fitness		Fitness	Football	Fitness					5pm
	that takes place from 1-2pm every	6pm		Session		Session		Session		Session	Session (5-9yrs)	Session					6pm
Football	Thursday! Fancy a Friday	:	Circuits	Fitness	Cycle	Fitness		Fitness Session	Cycle	Fitness Session	Football Session	Fitness Session					_
Session	Football session? We have 2 different	7pm		Session Fitness		Session Fitness		Fitness			(9-13yrs)	Fitness					l 7pm I
	age groups for you to start perfecting your skills! (5-9yrs	8pm		Session		Session		Session		Fitness Session		Session					8pm
	and 9-13yrs)	0															0











## Station Sports Centre Fitness and Group Exercise Programme

From 30<sup>th</sup> May - 5th June 2022 (Half Term)

Y	Exercise Class Prices									
()	Non Member	MV Card Holder	MV Concession Card Holder							
45mins - 1 hour	£6.80	£5.65	£5.10							

Kettleb	ells A workout with Kettlebells and body		MOND	AY 30 <sup>th</sup>	TUESD	OAY 31 <sup>st</sup>	WEDNE	SDAY 1 <sup>st</sup>	THURS	DAY 2 <sup>nd</sup>	FRID	AY 3 <sup>rd</sup>	SATUR	DAY 4 <sup>th</sup>	SUNE	DAY 5 <sup>th</sup>	
	weight exercises in a small class		Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	,
	setting. Slow grind Kettlebell lifts are	6am															6am
	meant to increase total body strength,	7am															7am
	muscular strength and stamina, as well			Fitness Session		Fitness		Fitness		Fitness		Fitness					
	as a focus like no other exercise.	8am				Session Fitness		Session Fitness		Session Fitness		Session Fitness		F:4		F:4	8am
Circuit		<b>-</b> .		Fitness Session		Session		Session		Session		Session		Fitness Session		Fitness Session	
	of short movements, repeated several	9am	Wallbeing	Fitness		Fitness		Fitness		Fitness		Fitness	-	Fitness		Fitness	9am
	times with a short period of rest in	10am	Wellbeing Workout	Session		Session		Session		Session		Session		Session		Session	10am
	between. You only work each muscle	TOAIII		Fitness		Fitness		Fitness		Fitness		Fitness		Fitness		Fitness	Toaiii
	area for a short time, but you keep	11am		Session		Session		Session		Session		Session		Session		Session	11am
	your whole body working hard the			Fitness Session	Cycle	Fitness Session		Fitness Session						Fitness Session		Fitness Session	
Cont	whole way through.  Cycle is a high	_ 12pm		Session		36331011		Fitness						36551011		Session	12pm
Cycle	intensity exercise class on a stationary	1nm						Session						-			1,000
	bike. It combines	1pm															1pm
	endurance in a 45 minute	2pm															2pm
	calorie-crunching session!																
Wellbei		- 3pm															3pm
Worko	mobility, toning, strength and	4															4
	stretching in a 45 minute class	4pm		Fitness		Fitness		Fitness									4pm
Sure St		- 5pm		Session		Session		Session									5pm
	0-5 years. This is a soft play session that takes place	•		Fitness		Fitness		Fitness						-			ļ .
	from 1-2pm every Thursday!	6pm		Session		Session		Session									6pm
Footba			Circuits	Fitness	Cycle	Fitness Session		Fitness Session									<u>_</u>
Sessio		7pm		Session Fitness		Fitness		Fitness									7pm
	age groups for you to start perfecting	8pm		Session		Session		Session									8pm
	your skills! (5-9yrs and 9-13yrs)																7,
		9pm															9pm
											•	Sandar Sparks (Server					0

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## Station Sports Centre Fitness and Group Exercise Programme

Exercise Class Prices

Non Member MV Card Holder MV Concession Card Holder

45mins - 1 hour £6.80 £5.65 £5.10

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Kettlebells	A workout with Kettlebells and body		MON	IDAY	TUES	SDAY	WEDN	IESDAY	THUE	RSDAY	FRI	DAY	SATU	RDAY	SUN	NDAY	
	weight exercises in a small class	,	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	,
	setting. Slow grind Kettlebell lifts are meant to increase	6am															6am
	total body strength, muscular strength and stamina, as well as a focus like no	7am		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					7am
Circuits	other exercise.	8am -		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	8am
	of short movements, repeated several times with a short	9am	Wellbeing Workout	Fitness Session		Fitness Session		Fitness Session		Fitness Session	Wellbeing Workout	Fitness Session		Fitness		Fitness Session	9am
	period of rest in between. You only work each muscle area for a short	10am	vvorkout	Fitness Session		Fitness Session		Fitness Session	Kettlebells	Fitness Session	vvorkout	Fitness Session		Session Fitness Session		Fitness Session	10am
	time, but you keep your whole body working hard the	11am		Fitness	Cycle	Fitness		Fitness	Cycle	Fitness		Fitness	-	Fitness	-	Fitness	11am
	whole way through.	_ 12pm		Session	Сусіе	Session		Session	Cycle	Session		Session		Session		Session	12pm
Cycle	Cycle is a high intensity exercise class on a stationary bike. It combines	1pm						Fitness Session		Fitness Session							1pm
	cardio and endurance in a 45 minute calorie-crunching session!	2pm							Sure Start (0-5yrs)								2pm
Wellbeing Workout	Incorporating mobility, toning, strength and	- 3pm															3pm
	stretching in a 45 minute class	4pm		Fitness		Fitness		Fitness		Fitness		Fitness					4pm
Sure Start	Sure Start is for 0-5 years. This is a soft play session	5pm		Session Fitness		Session Fitness		Session Fitness		Session Fitness	Football Session	Session Fitness					5pm
	that takes place from 1-2pm every Thursday!	6pm		Session		Session Fitness		Session Fitness		Session Fitness	(5-9yrs) Football	Session Fitness					6pm
Football Session	Fancy a Friday Football session?	- 7pm	Circuits	Fitness Session	Cycle	Session		Session	Cycle	Session	Session (9-13yrs)	Session					7pm
	We have 2 different age groups for you to start perfecting your skills! (5-9yrs	8pm		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					8pm
	and 9-13yrs)	9pm															9pm

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