Station Sports Centre Fitness and Group Exercise Programme

Non Member MV Card Holder MV Concession Card Holder

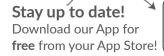
45mins - 1 hour £6.80 £5.65 £5.10

Exercise Class Prices

From 9th May 2022

Kettlebells A workout with Kettlebells and body			MON	NDAY_	TUES	SDAY	WEDN	ESDAY	THUR	SDAY	FRII	DAY	SATU	RDAY	SUN	IDAY	
	weight exercises in a small class setting. Slow grind Kettlebell lifts are meant to increase	6am	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	6am
	total body strength, muscular strength and stamina, as well as a focus like no	7am 8am		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					7am 8am
Circuits	other exercise. Join us for a 'circuit' of short movements,	9am		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	9am
	repeated several times with a short period of rest in between. You only	10am	Wellbeing Workout	Fitness Session		Fitness Session		Fitness Session		Fitness Session	Wellbeing Workout	Fitness Session		Fitness Session		Fitness Session	10am
	work each muscle area for a short time, but you keep your whole body	11am		Fitness Session Fitness		Fitness Session Fitness		Fitness Session Fitness	Kettlebells	Fitness Session Fitness		Fitness Session Fitness		Fitness Session Fitness		Fitness Session Fitness	11am
	working hard the whole way through.	12pm		Session	Cycle	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	Sure Start	Fitness Session							1pm
	cardio and endurance in a 45 minute calorie-crunching	2pm							(0-5yrs)								2pm
Wellbeing Workout	Incorporating mobility, toning, strength and	3pm															3pm
	stretching in a 45 minute class	4pm		Fitness Session	7.0	Fitness Session		Fitness	-	Fitness		Fitness					4pm
Sure Start	Sure Start is for 0-5 years. This is a soft play session that takes place	5pm		Fitness		Fitness Session		Session Fitness Session		Session Fitness Session	Football Session	Session Fitness	_				5pm
Football	from 1-2pm every Thursday! Fancy a Friday	6pm	Circuits	Session Fitness	Cycle	Fitness		Fitness Session	Cycle	Fitness	(5-9yrs) Football Session	Session Fitness					l 6pm
Session	Football session? We have 2 different age groups for you	7pm	Circuits	Session Fitness	Cycle	Session Fitness		Fitness	Cycle	Session Fitness	(9-13yrs)	Session Fitness					7pm
	to start perfecting your skills! (5-9yrs and 9-13yrs)	8pm		Session		Session		Session		Session		Session					8pm
		9pm															9pm











Station Sports Centre Fitness and Group Exercise Programme

From 30th May - 5th June 2022 (Half Term)

Y		Exercise C	lass 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 th	TUESD	OAY 31 st	WEDNE	SDAY 1 st	THURS	DAY 2 nd	FRID	AY 3 rd	SATUR	DAY 4 th	SUNE	DAY 5 th	
	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
Circui		- .		Fitness Session		Session		Session		Session		Session		Fitness Session		Fitness Session	
	of short movements, repeated several	9am	M/ellheine	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						Session		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!									-							
Wellbe		- 3pm															3pm
Worko	ut mobility, toning, strength and	4								-							4
	stretching in a 45 minute class	4pm		Fitness	1	Fitness		Fitness									4pm
Sure St		- 5pm		Session		Session		Session									5pm
	0-5 years. This is a soft play session	•		Fitness		Fitness		Fitness		-							l '
	that takes place from 1-2pm every Thursday!	6pm		Session		Session		Session								ļ	6pm
Footba		:	Circuits	Fitness	Cycle	Fitness		Fitness Session									_
Sessio		7pm		Session Fitness		Session Fitness		Fitness							X		7pm
	age groups for you to start perfecting	8pm		Session		Session		Session									8pm
	your skills! (5-9yrs and 9-13yrs)	95.11															35
		9pm															9pm
												pater Special Contra					0

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Station Sports Centre Fitness and Group Exercise Programme From 6th June 2022

MV Card Holder Non Member MV Concession Card Holder 45mins - 1 hour £6.80 £5.65 £5.10

Exercise Class Prices

Kettlebells	A workout with Kettlebells and body		MON	IDAY	TUES	DAY	WEDN	IESDAY	THUR	RSDAY	FRI	DAY	SATU	IRDAY	SUN	IDAY	
	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		F**													7am
	muscular strength and stamina, as well			Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					
	as a focus like no other exercise.	8am		Fitness		Fitness		Fitness		Fitness		Fitness		Fitness		Fitness	8am
Circuits	Join us for a 'circuit'			Session		Session		Session		Session		Session		Session		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	Ioaiii		Fitness		Fitness		Fitness	1/ - 441 - 1 11 -	Fitness		Fitness		Fitness		Fitness	Toaiii
	area for a short time, but you keep	11am		Session		Session	-	Session	Kettlebells	Session		Session		Session		Session	11am
	your whole body working hard the			Fitness	Cycle	Fitness		Fitness	Cycle	Fitness		Fitness		Fitness		Fitness	
	whole way through.	12pm		Session	Cycle	Session		Session	Cycle	Session		Session		Session		Session	12pm
Cycle	Cycle is a high intensity exercise							Fitness Session		Fitness Session							_
	class on a stationary bike. It combines	1pm						30331011	Sure Start	30331011							1pm
	cardio and endurance in	2pm							(0-5yrs)								2pm
	a 45 minute calorie-crunching	_p															
Wellbeing	session!	3pm															3pm
Workout	mobility, toning, strength and																
	stretching in a 45 minute class	4pm		Fitness		Fitness		Fitness		Fitness.		Fitness					4pm
Sure Start	Sure Start is for	F 10 110		Session		Session		Session		Fitness Session		Fitness Session					F
Jui C Jui C	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
	Thursday!		C: ''	Fitness	6 1	Fitness		Fitness		Fitness	Football Session	Fitness					ĺ '
Football Session	Fancy a Friday Football session?	7pm	Circuits	Session	Cycle	Session		Session	Cycle	Session	(9-13yrs)	Session					7pm
	We have 2 different age groups for you			Fitness		Fitness		Fitness		Fitness		Fitness					
	to start perfecting your skills! (5-9yrs	8pm		Session		Session		Session		Session		Session					8pm
	and 9-13yrs)	9pm															9pm
		7piii															урш 2









