


Station Sports Centre

Fitness and Group Exercise Programme

From 9th May 2022

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

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	
6am															6am
7am		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					7am
8am		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	8am
9am		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	9am
10am	Wellbeing Workout	Fitness Session		Fitness Session		Fitness Session		Fitness Session	Wellbeing Workout	Fitness Session		Fitness Session		Fitness Session	10am
11am		Fitness Session		Fitness Session		Fitness Session	Kettlebells	Fitness Session		Fitness Session		Fitness Session		Fitness Session	11am
12pm		Fitness Session	Cycle	Fitness Session		Fitness Session	Cycle	Fitness Session		Fitness Session		Fitness Session		Fitness Session	12pm
1pm						Fitness Session		Fitness Session							1pm
2pm							Sure Start (0-5yrs)								2pm
3pm															3pm
4pm		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					4pm
5pm		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					5pm
6pm		Fitness Session		Fitness Session		Fitness Session		Fitness Session	Football Session (5-9yrs)	Fitness Session					6pm
7pm	Circuits	Fitness Session	Cycle	Fitness Session		Fitness Session	Cycle	Fitness Session	Football Session (9-13yrs)	Fitness Session					7pm
8pm		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					8pm
9pm															9pm

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.

Circuits Join us for a 'circuit' of short movements, repeated several times with a short period of rest in between. You only work each muscle area for a short time, but you keep your whole body working hard the whole way through.

Cycle Cycle is a high intensity exercise class on a stationary bike. It combines cardio and endurance in a 45 minute calorie-crunching session!

Wellbeing Workout Incorporating mobility, toning, strength and stretching in a 45 minute class

Sure Start Sure Start is for 0-5 years. This is a soft play session that takes place from 1-2pm every Thursday!

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)

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Station Sports Centre

Fitness and Group Exercise Programme

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

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

	MONDAY 30 th		TUESDAY 31 st		WEDNESDAY 1 st		THURSDAY 2 nd		FRIDAY 3 rd		SATURDAY 4 th		SUNDAY 5 th		
	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		Fitness Session	8am
Circuits Join us for a 'circuit' of short movements, repeated several times with a short period of rest in between. 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		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	9am
	Wellbeing Workout	Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	10am
		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	11am
		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	12pm
Cycle Cycle is a high intensity exercise class on a stationary bike. It combines cardio and endurance in a 45 minute calorie-crunching session!						Fitness Session									1pm
															2pm
															3pm
Wellbeing Workout Incorporating mobility, toning, strength and stretching in a 45 minute class															4pm
		Fitness Session		Fitness Session		Fitness Session									5pm
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									6pm
		Fitness Session		Fitness Session		Fitness Session									7pm
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)	Circuits	Fitness Session	Cycle	Fitness Session		Fitness Session									8pm
		Fitness Session		Fitness Session		Fitness Session									9pm

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