

Station Sports Centre

Fitness and Group Exercise Programme

From 4 October 2021

Please note our programmes will be reviewed daily.
For an accurate and up to date timetable please see the online booking system.

| | 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 |
| 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 | | | | | 7am |
| 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 | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | 8am |
| Clubbercise Clubbercise® is a fun full body workout with a banging soundtrack that gets great results. One session burns around 600 calories. The routines combine dance, toning and combat moves with options to suit all fitness levels. | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | 9am |
| 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 | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | 10am |
| Football Session Fancy a Friday Football session? We have 3 different age groups for you to start perfecting your skills! (Under 5's, 5-9yrs and 9-13yrs) | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | 11am |
| Wellbeing Wednesday A low impact exercise around chair-based exercise to help with toning and mobility | | Fitness Session | Cycle | Fitness Session | Kettlebells | Fitness Session | Cycle | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | 12pm |
| Fitness, Food and Friends Fitness, Food and Friends is a FREE 12 week program which includes a Live exercise class to take part in at home, Live cooking demonstration, food and nutrition advice, digital support, and many other health & wellbeing tips and advice. Make sure you 'Join' Alford Hub's Facebook Page, sessions will be available to join via the page. For more information please contact Marko on: T: 07767 664186 E: marko.humphrey@mvtlc.org | | | | | | | | | | | | | | | 1pm |
| Tea at 3pm Join us at 3pm for a good old cup of tea and a natter! | | | | | | | | | | | | | | | 2pm |
| | | | | | | | | | | | | | | | 3pm |
| | | | | | | | | | | | | | | | 4pm |
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| | | | | | | | | | | | | | | | 8pm |
| | | | | | | | | | | | | | | | 9pm |

We advise for you to continue to book your sessions in advance. We are still working to a low capacity volume meaning that if you turn up to a session without booking and it is full you may be turned away.

Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

*Classes in **RED** are led by our community team and take place on their Facebook page - facebook.com/MVCommunities



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