

# Station Sports Centre

## Fitness and Group Exercise Programme

From 5<sup>th</sup> September 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		Fitness Session							1pm
2pm				Fitness Session		Fitness Session	Sure Start (0-5yrs)	Fitness Session							2pm
3pm				Fitness Session		Fitness Session		Fitness Session							3pm
4pm		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					4pm
5pm		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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