

Station Sports Centre

Fitness and Group Exercise Programme

From 31st October 2022

45mins - 1 hour	Exercise Class Prices		
	Non Member	MV Card Holder	MV Concession Card Holder
	£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					8am
9am		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	9am
10am	Wellbeing Workout	Fitness Session	Adult Multi Sports	Fitness Session		Fitness Session		Fitness Session		Wellbeing Workout	Fitness Session		Fitness Session		10am
11am	Ageless & Agile	Fitness Session		Fitness Session		Fitness Session	Kettlebells	Fitness Session		Walking Group	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							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		Fitness Session		Fitness Session		Fitness Session		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 inbetween. 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** A class that incorporates mobility, toning, strength and stretching.
- 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)
- Ageless & Agile** The way to improve your Monday's! (Ranging from nutritional advice, well-being advice, chats, cuppas and walks!)
- Walking Group** Make friends, as you walk and keep fit - all at your own pace. Suitable for all abilities.
- Adult Multi Sports** Various sports such as badminton, table-tennis, sports wall, basketball and new age curling!

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