Station Sports Centre

Fitness & Exercise Class Programme

From 8th January

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership		
45mins - 1 hour	£6.95	£5.75	£5.20	FREE		

			MONDAY		TUESDAY WEDNES		ESDAY	THURSDAY		FRIDAY		SATURDAY		SUNDAY			
	A workout with Kettlebells	/	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	(
and body weight exercises in a small class setting. Slow grind Kettlebell lifts are meant to increase total body strength, muscular strength	6am															6am	
	7am															7am	
ᇫ	strength, muscular strength and stamina, as well as a focus like no other exercise.			Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session					
Join us for a 'circuit' of movements, repeated times with a short perior of rest inbetween. You work each muscle area short time, but you ke whole body working h whole way through.	Join us for a 'circuit' of short	— 8am		Fitness		Fitness		Fitness		Fitness		Fitness		Fitness		Fitness	8am
	movements, repeated several times with a short period	9am		Session		Session		Session		Session		Session		Session	_	Session	9am
	of rest inbetween. You only work each muscle area for a			Fitness		Fitness	Adult Multi	Fitness		Fitness		Fitness		Fitness		Fitness	
	short time, but you keep your whole body working hard the	10am		Session		Session	Sports	Session		Session		Session		Session	200	Session	10am
	, ,			Fitness		Fitness		Fitness	Kettlebells	Fitness		Fitness		Fitness	_	Fitness	
Cycle is a high intensity exercise class on a stationary bike. It combines cardio and endurance in a 45 minute calorie crunching session!	11am	Ageless & Agile			Session		Session	Rettiebells	Session	Walking Group	Session		Session		Session	11am	
	endurance in a 45 minute		& Agile	Fitness Session	Cycle	Fitness Session		Fitness Session	Cycle	Fitness Session		Fitness Session		Fitness Session	_	Fitness Session	
	Sure Start is for 0-5 years.	12pm		30331011		Fitness		Fitness		Fitness		00331011		00001011		00001011	12pm
Sure	This is a soft play session that takes place from 1-2pm every	1pm				Session		Session		Session					_		1pm
W W	Thursday!	±piii				Fitness		Fitness	Sure Start	Fitness							I Pili
session age gr	Fancy a Friday Football session? We have 2 different	different 2pm - 2p				Session		Session	(0-5yrs)	Session							2pm
	age groups for you to start perfecting your skills! (5-9yrs					Fitness Session		Fitness Session		Fitness Session							
ш ол	and 9-13yrs)	3pm				Fitness		Fitness		Fitness							3pm
The way to improve your Monday's! (Ranging from nutritional advice, well-being advice, chats, cuppas and	Monday's! (Ranging from	4nm				Session		Session		Session					_		1nm
	advice, chats, cuppas and	4pm		Fitness		Fitness		Fitness		Fitness		Fitness					4pm
Make friends, as keep fit - all at y	Make friends, as you walk and	5pm		Session		Session		Session		Session		Session					5pm
	keep fit - all at your own pace. Suitable for all abilities.			Fitness		Fitness		Fitness		Fitness	Football Session	Fitness					
	Saltable for all abilities.	6pm		Session		Session		Session		Session	(5-9yrs) Football	Session		Please	e note:		6pm
	Various sports such as badminton, table-tennis, sports wall, basketball and new age curling!	ninton, table-tennis, s wall, basketball and 7pm	Circuits	cuits Fitness Cycle		Fitness Session		Fitness Session	Cycle	Fitness Session	Session	Fitness Session	Our Programme is subject at the discretion of our Du		subject to	change	_
				Fitness		Fitness		Fitness	-	Fitness	(9-13yrs)	Fitness			•	Ŭ	7pm
		8pm		Session		Session		Session		Session		Session	Unfortunately, this is often for reasons beyond our control.		8pm		
		98.11											Т	hank you f	or all of yo	our	J 55
		9pm											sup	oport and u	inderstand	ling!	9pm

Stay up to date!

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