Station Sports Centre

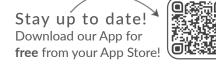
Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership		
45mins - 1 hour	£6.95	£5.75	£5.20	FREE		

Fitness & Exercise Class Programme

Monday 1st - Sunday 7th January

Please note: we are CLOSED on New Year's Day | On Friday 5th January we are closed from 7pm for our annual staff party.

			MONDAY 1 st		TUESDAY 2 nd WEDNESDAY 3 rd		THURSDAY 4 th		FRIDAY 5 th		SATURDAY 6 th		SUND	SUNDAY 7 th			
	A workout with Kettlebells and body weight exercises	6am	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	í 6am
bells	in a small class setting. Slow grind Kettlebell lifts are	Jain													-		Uan
Kettlebells	meant to increase total body strength, muscular strength	7am				Fitness		Fitness		Fitness		Fitness					7am
×	and stamina, as well as a focus like no other exercise.	-				Session		Session		Session		Session		-	-		
	Cycle is a high intensity exercise class on a stationary	8am				Fitness		Fitness		Fitness		Fitness		Fitness		Fitness	8am
Cycle	bike. It combines cardio and endurance in a 45 minute calorie crunching session!	9am -				Session		Session		Session		Session		Session		Session	9am
						Fitness Session	Adult Multi Sports	Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	
Start Start	Sure Start is for 0-5 years. This is a soft play session that	10am - 11am -				Fitness		Fitness		Fitness		Fitness	-	Fitness		Fitness	10am
	takes place from 1-2pm every Thursday!		2	\frown		Session		Session	Kettlebells	Session	Walking	Session		Session		Session	11am
Fancy a Friday Fo	Fancy a Friday Football session? We have 2 different	IIam	New		Cuele	Fitness		Fitness	Cuele	Fitness	Group	Fitness		Fitness		Fitness	TTalli
Football Session	age groups for you to start perfecting your skills! (5-9yrs	12pm	5		Cycle	Session		Session	Cycle	Session		Session		Session		Session	12pm
	and 9-13yrs)		×			Fitness Session		Fitness Session		Fitness Session					-		
Walking Group	Make friends, as you walk and keep fit - all at your own pace. Suitable for all abilities.	1pm	e	\cup		Fitness		Fitness	Sure Start	Fitness							1pm
ڰٚڡؖ		2pm	er Er	S		Session		Session	(0-5yrs)	Session							2pm
Adult Multi Sports	Various sports such as badminton, table-tennis,		~			Fitness Session		Fitness Session		Fitness							
S Z Ğ	sports wall, basketball and new age curling!	3pm				Fitness		Fitness		Session Fitness							3pm
		4pm	\sum			Session		Session		Session			-		-		4pm
		-ipini	3	$\mathbf{\bigcirc}$		Fitness		Fitness		Fitness		Fitness					трп
		5pm				Session		Session		Session	E o o the o li	Session					5pm
		-				Fitness Session		Fitness Session		Fitness Session	Football Session	Fitness Session					
		6pm				Fitness		Fitness		Fitness	(5-9yrs) Football	Fitness	Please note:			6pm	
		7pm			Cycle	Session		Session	Cycle	Session	Session (9-13yrs)	Session	Our Programme is subject to change at the discretion of our Duty Manager.		Manager.	7pm	
						Fitness		Fitness		Fitness			Unfortunately, this is often for				
		8pm				Session		Session		Session			reasons beyond our control.		8pm		
		0.p.m											Thank you for all of your support and understanding!		0.nm		
		9pm															9pm







Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

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