

Station Sports Centre

Fitness & Exercise Class Programme

Sunday 24th - 31st December

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!

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

	SUNDAY 24 th		MONDAY 25 th		TUESDAY 26 th		WEDNESDAY 27 th		THURSDAY 28 th		FRIDAY 29 th		SATURDAY 30 th		SUNDAY 31 st	
	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym
6am																
7am																
8am		Fitness Session						Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session
9am		Fitness Session						Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session
10am		Fitness Session						Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session
11am		Fitness Session						Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session
12pm																
1pm																
2pm																
3pm																
4pm																
5pm																
6pm																
7pm								Cycle								
8pm								Circuits								

Please note:
Our Programme is subject to change at the discretion of our Duty Manager.
Unfortunately, this is often for reasons beyond our control.
Thank you for all of your support and understanding!



Stay up to date!
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MAGNA VITAE
TRUST FOR LEISURE & CULTURE