Station Sports Centre

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

Cycle is a high intensity exercise class on a stationary bike. It combines cardio and endurance in a 45 minute calorie crunching session!

Fitness & Exercise Class Programme

Sunday 24th - 31st December

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

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