

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 | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | | |
|---|-----------------|-----------------|---------|-----------------|--------------------|-----------------|-------------|-----------------|---------------|-----------------|----------|-----------------|--------|-----------------|------|
| | Class | Gym | Class | Gym | Class | Gym | Class | Gym | Class | Gym | Class | Gym | Class | Gym | |
| 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. | | | | | | | | | | | | | | | 6am |
| 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. | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | | | | 7am |
| Cycle Cycle is a high intensity exercise class on a stationary bike. It combines cardio and endurance in a 45 minute calorie crunching session! | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | 8am |
| Sure Start Sure Start is for 0-5 years. This is a soft play session that takes place from 1-2pm every Thursday! | | Fitness Session | | Fitness Session | Adult Multi Sports | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | 9am |
| 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) | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | 10am |
| Ageless & Agile The way to improve your Monday's! (Ranging from nutritional advice, well-being advice, chats, cuppas and walks!) | Ageless & Agile | Fitness Session | | Fitness Session | | Fitness Session | Kettlebells | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | 11am |
| Walking Group Make friends, as you walk and keep fit - all at your own pace. Suitable for all abilities. | | Fitness Session | Cycle | Fitness Session | | Fitness Session | Cycle | Fitness Session | Walking Group | Fitness Session | | Fitness Session | | Fitness Session | 12pm |
| Adult Multi Sports Various sports such as badminton, table-tennis, sports wall, basketball and new age curling! | | | | Fitness Session | | Fitness Session | | Fitness Session | | | | | | | 1pm |
| | | | | Fitness Session | | Fitness Session | | Fitness Session | | | | | | | 2pm |
| | | | | Fitness Session | | Fitness Session | | Fitness Session | | | | | | | 3pm |
| | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | | | | | | 4pm |
| | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | | | | | | 5pm |
| | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | | | | | | 6pm |
| | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | | | | | | 7pm |
| | Circuits | Fitness Session | Cycle | Fitness Session | | Fitness Session | Cycle | Fitness Session | | | | | | | 8pm |
| | | Fitness Session | | Fitness Session | | Fitness Session | | Fitness Session | | | | | | | 9pm |

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!
Download our App for free from your App Store!

