

Monday

Cardio Strength

7:30pm - 8:30pm

Tone up your body and burn calories with this aerobic based exercise with the use of weights as resistance training.

Bums, Tums and Thighs

8:30pm - 9:30pm

This popular class delivers an all over workout whilst focusing on areas that require a little more attention.

Wednesday

Mixed Circuit Training

6:30pm - 7:30pm

By using a range of different exercises and activities, this class provides the total body workout.

Thursday

Leisure Club

3:30pm - 5:30pm

Come along and try your hand at table tennis, grab a game of badminton or take advantage of the Fitness Suite. A great place to socialize and finish up with a cup of tea and biscuits!

Price List

	Members	Non-Members
Classes	£3.70	£4.20
Leisure Club (Spectator)	£2.40 (80p)	£2.80 (80p)

Our classes are ran on a pay as you go basis

At MSC we try and give as varied a class plan as possible, that can accommodate different fitness levels and at times that are best suited for you.

This means there is no need to ring ahead and book a slot, all you need do it come along to the Sports Complex at the time of the desired class.



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Fitness

Classes



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