Fitness and Pool Programme

25th July - 2nd August

Please bring your own water bottle, as the water fountains and vending machines are not available.

No personal towels are allowed to be used in the fitness sessions.

MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Magna Vitae is a Registered Charity. Charity Number 1160156
A Partner to East Lindsey District Council. V2

Group Exercise Programme

27th July - 2nd August

Please note our programmes will be reviewed daily. For an accurate and up to date timetable please see the online booking system.

Intrustor-led Classes
Instructor:

DONNA
Monday
Body Conditioning
Pilates (am)

Tuesday
Pilates (pm)

Thursday
Low Impact Aerobics
Body Conditioning

Friday
Zumba
Pilates

LAURA
Monday
Cycle pm

Tuesday
Pilates (am)
Cycle

Wednesday
Pilates

Thursday
PIYO

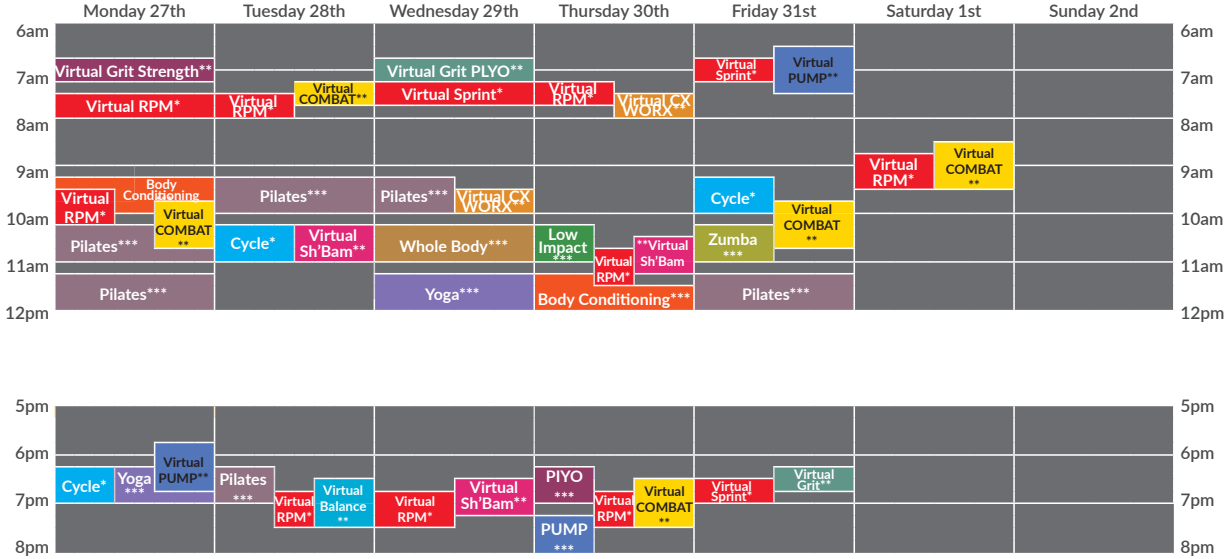
SUSAN
Monday
Yoga

Wednesday
Yoga

Marion
Wednesday
Whole Body

All group exercise classes, fitness sessions and pool sessions MUST be pre-booked online using our booking online system. Please do not turn up without a pre-arranged booking.

Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.



All Classes are for 16yrs+ unless labelled otherwise.

Please bring your own mat, as mats will not be provided.

Please bring your own water bottle, as the water fountains and vending machines are not available.

No personal towels are allowed to be used.

Where the classes are taking place:
** Cycle Studio*
*** Dance Studio*
**** Multi Purpose Room*

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