

# SKEGNESS POOL & FITNESS SUITE

Exercise Programme  
FROM 14th October 2019

Fitness Opening times are:  
Monday to Friday 6am-9pm  
Saturday & Sunday 8am-6pm

|      | Monday            | Tuesday           | Wednesday           | Thursday          | Friday            | Saturday          | Sunday            |
|------|-------------------|-------------------|---------------------|-------------------|-------------------|-------------------|-------------------|
| 6am  |                   |                   |                     |                   |                   |                   |                   |
| 7am  |                   |                   |                     |                   |                   |                   |                   |
| 8am  |                   |                   |                     |                   |                   |                   |                   |
| 9am  |                   |                   |                     |                   |                   |                   |                   |
| 10am | Zumba             |                   | Strong by Zumba     | Cycle             | Legs, Bums & Tums |                   |                   |
| 11am | Yoga              | Balancability     | Core & Stretch      | Strong by Zumba   | **Strength        | **HIIT            | **Abs             |
| 12pm | Core & Back Rehab | Zumba Step        | Low Impact Aquacise | Bounce            | Clubbercise       | **Junior Circuits | **Strength        |
| 1pm  | Aqua Zumba        | Zumba Toning      | Yogalates           | Yoga              | *Aquacise         | **Junior Circuits | **Junior Circuits |
| 2pm  |                   |                   | Bounce              |                   |                   | **Core            | Swimming Club     |
| 3pm  |                   |                   |                     |                   |                   | **Strength        |                   |
| 4pm  | **Junior Circuits | **Junior Fitness  | **Junior Fitness    | **Junior Circuits | **Junior Fitness  |                   |                   |
| 5pm  | **Junior Circuits |                   |                     | **Junior Circuits |                   |                   |                   |
| 6pm  |                   | Legs, Bums & Tums | Step Aerobics       |                   |                   |                   |                   |
| 7pm  |                   | Step Aerobics     | Cycle               | *Aqua Club        |                   |                   |                   |
| 8pm  | ***Clubbercise    |                   | Clubbercise         |                   |                   |                   |                   |
| 9pm  |                   |                   |                     |                   |                   |                   |                   |

All classes take place in the Embassy Arts Room unless stated otherwise.

\*These classes take place in the Swimming Pool  
\*\*These classes take place in the Fitness Suite  
\*\*\* These class takes place at the Embassy Theatre

All Classes are for 16 years and above unless labelled otherwise.

Skegness Pool & Fitness Suite  
Grand Parade, Skegness, PE25 2UG  
01754 610675 | skegnesspool@mvtlc.org

Payment must be made on booking. A booking can be made up to a week in advance.  
Please note: bookings must be cancelled at least 48 hours in advance for a refund.



Information is correct at time of printing - 07/2019.  
The Magna Vitae Facility Management Team reserves the right to alter sessions, times and charges.