

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.