

SKEGNESS POOL & FITNESS SUITE

Exercise Programme
JULY 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						
11am	Yoga	Balanc-ability	****Bolly-wood	Core & Stretch	Cycle	**Functional Fitness	**Functional Fitness
12pm	Core & Back Rehab	****Yoga	Kettle-cise	Yogalates	Strong Zumba	*Aqua Zumba	**Junior Circuits
1pm			Bounce		**F Fitness	**Functional Fitness	**Functional Fitness
2pm							
3pm							
4pm							
5pm	**Junior Fitness	**Junior Fitness	**Junior Fitness	**Junior Fitness	**Junior Fitness		
6pm		BoxFit	Strong Zumba				
7pm	Cycle	Strong Zumba	Cycle	**Functional Fitness			
8pm	***NEON FIT						
9pm							

AQUACISE - Using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.

AQUA ZUMBA - A classic aqua aerobics with Latin flavour added in. You perform large muscle movements by reaching out your arms and lifting your legs in the water, as well as circling your hips and shoulders to the music.

BALANCABILITY - A stretch, abdominal and balance session, focusing on function and mobility.

BOUNCE - A high energy and low impact workout to get fit, have fun and bounce away fat! Trampet Provided during the work out.

BOX-FIT - Punch your way to fitness while working your whole body using boxing techniques. Great fun so you hardly notice how hard you're working!

CORE & BACK REHAB - Reduce back pain and improve abdominal tone by building core strength and balance in these sessions.

CORE & STRETCH - A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.

CYCLE - Cycling sessions designed to boost your cardiovascular fitness and burn fat! Check out our sessions to see how they fit for you.

FUNCTIONAL FITNESS - A 30 or 60 minute interval based class using a variety of body weight exercise and cardio machines.

JUNIORS CIRCUITS - An instructor led gym based circuit session for Juniors. For ages 11-15 only.

JUNIORS FITNESS - An open slot for our junior members to use the gym. Please be aware that this is not a class based session and will not be instructor led. For ages 11 years +

KETTLECISE - Rip fat, improve muscle tone and get fit in this all round, full body, circuit based workout. With a wide choice of weights, it's your session, every time. Everyone welcome!

NEON FIT - It's all about having fun and dancing to great dance hits in an atmosphere unlike any other. Move to the beat and shake the glow sticks.

STRONG ZUMBA - Strong By Zumba is a high intensity interval class (HIIT) that's synced to specific music. There is no dancing and is physically more demanding and a greater all body workout.

YOGA - A physical and mental exercise using stretching and breathing to help improve posture and core stability while helping you relax and release stress.

YOGALATES - A mix of Pilates and Yoga designed to increase mobility, muscle, tone, flexibility and leave you feeling centred and calm.

ZUMBA - A dance based session combining the calorie burning benefits of traditional aerobics with up-to-date music and fun dance moves.

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 tables place at the Embassy Theatre
 **** These classes take place at Wainfleet Road Pavilion, Wainfleet Road Skegness (Community based classes)

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

MV SSP 0719 V5
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 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.