

# Meridian Leisure Centre

## Fitness and Main Pool Programme

Instructor-led  
Classes Instructor:

**NICKI**

Monday  
Aquacise

**LAURA**

Tuesday & Friday  
Aquacise

### LANE SWIMMING

Our Lane Swimming sessions will include single and double lanes only.

### GENERAL SWIM

Our general swim sessions will include at least one lane and the remainder of the lanes to be general swim.

In reduced General Swim sessions there will be no lane swimming available.

(Most sessions will utilise only six lanes of the pool, there will be some sessions where the pool is shared with the Louth Swimming Club and a reduction of lanes available)

|      | MONDAY                             |                 | TUESDAY       |                 | WEDNESDAY                                       |                 | THURSDAY                           |                 | FRIDAY                             |                    | SATURDAY  |                     | SUNDAY                                |                 |      |
|------|------------------------------------|-----------------|---------------|-----------------|---|-----------------|------------------------------------|-----------------|------------------------------------|--------------------|---|---------------------|---------------------------------------|-----------------|------|
|      | Pool                               | Gym             | Pool          | Gym             | Pool  | Gym             | Pool                               | Gym             | Pool                               | Gym                | Pool  | Gym                 | Pool                                  | Gym             |      |
| 6am  |                                    | Fitness Session |               |                 |   | Fitness Session |                                    |                 |                                    | Fitness Session    |   |                     |                                       |                 | 6am  |
| 7am  | Lane Swimming                      | Fitness Session |               |                 |   | Fitness Session |                                    |                 |                                    | Fitness Session    |   |                     |                                       |                 | 7am  |
| 8am  | Lane Swimming                      | Fitness Session | Lane Swimming | Fitness Session | Lane Swimming                                   | Fitness Session | General Swim                       | Fitness Session | Lane Swimming                      | Fitness Session    | Louth Tri Club<br>LANE (2 lanes)<br>Louth Swim Club |                     | Louth Tri Club<br>Lane Swim (3 lanes) | Fitness Session | 8am  |
| 9am  |                                    | Fitness Session |               | Fitness Session |   | Fitness Session |                                    | Fitness Session |                                    | Fitness Session    |   |                     |                                       | Fitness Session | 9am  |
| 10am | Swim Lessons<br>Gen Swim           | Fitness Session |               | Fitness Session | Gen Swim<br>Swim Lessons                        | Fitness Session |                                    | Fitness Session | Gen Swim (4 lanes)<br>Swim Lessons | Fitness Session    |   |                     |                                       | Fitness Session | 10am |
| 11am | Aquacise                           | Fitness Session |               | Fitness Session |   | Fitness Session |                                    | Fitness Session | Aquacise                           | Fitness Session    |   |                     |                                       | Fitness Session | 11am |
| 12pm | Adult Swim Lessons<br>General Swim | Fitness Session | Swim Lessons  | Fitness Session | Lane Swim<br>Swim Lessons                       | Fitness Session | Gen Swim<br>Swim Lessons           | Fitness Session |                                    | School Booking     |   |                     |                                       | Fitness Session | 12pm |
| 1pm  |                                    | Fitness Session | General Swim  | Fitness Session |   | Fitness Session |                                    | Fitness Session |                                    |                    |   | Lane Swim (2 lanes) |                                       | Fitness Session | 1pm  |
| 2pm  |                                    |                 |               |                 |   |                 |                                    |                 |                                    |                    |   |                     |                                       |                 | 2pm  |
| 3pm  |                                    |                 |               |                 |   |                 |                                    |                 |                                    |                    |   | General Swim        |                                       |                 | 3pm  |
| 4pm  |                                    | Fitness Session |               | Fitness Session |   | Fitness Session |                                    | Fitness Session |                                    | Swim Lessons       |   |                     |                                       |                 | 4pm  |
| 5pm  | Swim Lessons                       | Fitness Session | Swim Lessons  | Fitness Session | Swim Lessons                                    | Fitness Session | Gen Swim (4 lanes)<br>Swim Lessons | Fitness Session |                                    | Fitness Session    |   |                     |                                       |                 | 5pm  |
| 6pm  |                                    | Fitness Session |               | Fitness Session |   | Fitness Session |                                    | Fitness Session |                                    | Gen Swim (4 lanes) |   |                     |                                       |                 | 6pm  |
| 7pm  | Louth Swim Club                    | Fitness Session |               | Fitness Session |   | Fitness Session | Louth Swim Club                    | Fitness Session |                                    | Louth Swim         |   |                     |                                       |                 | 7pm  |
| 8pm  |                                    | Fitness Session |               | Fitness Session | Lane Swim (2 lanes)<br>Louth Tri Club (4 lanes) | Fitness Session |                                    | Fitness Session |                                    | Gen Swim (4 lanes) |   |                     |                                       |                 | 8pm  |
| 9pm  | WBC (2 lanes)                      | Fitness Session | Aquacise      | Fitness Session |   | Fitness Session |                                    | Fitness Session |                                    |                    |   |                     |                                       |                 | 9pm  |

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.

# Meridian Leisure Centre Group Exercise Programme

## 28th September - 4th October

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

Instructor-led Classes Instructor:

All group exercise classes 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.

**DONNA**  
Monday  
Body Conditioning (9.15am)  
Pilates (10.15am)  
Pilates (11.15am)  
Mature Movers (12.15pm)

Tuesday  
Pilates (6.15pm)

Wednesday  
Pilates (9.15am)  
Pilates (10.15am)  
Zumba (11.15am)

Thursday  
Light Aerobics (10.15am)  
Body Con (11.15am)

Friday  
Zumba (10.15am)  
Pilates (11.15am)

**Lifestyle Consultant**  
Monday  
Cycle (6.15pm)  
Circuits (7.15pm)

Tuesday  
Cycle (10.15am)

Wednesday  
Cycle (10.15am)  
Fitness Pilates (5.45pm)

Friday  
Cycle (9.15am)  
Pilates (10.15am)

**Susan**  
Monday  
Yoga (6.15pm)

Wednesday  
Yoga (11.15am)

**Marion**  
Wednesday  
Whole Body (10.15am)

**Sammy**  
Wednesday  
Cycle (6.15pm)  
Glute Camp (7.15pm)

Thursday  
Cycle (7.15pm)

**Kelly**  
Saturday  
Zumba (9.15am)

**Nicki**  
Monday & Friday  
Aquacise (10.15am)

Tuesday  
Aquacise (7.45pm)

Elite Dance Academy & Akru Shin  
is a private booking

\* - Swimming Pool  
\*\* - Sports Hall

Elite Dance Academy & Akru Shin  
are private bookings

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

|      | Monday 28th  |                     |              | Tuesday 29th |           |                     | Wednesday 30th |            |                     | Thursday 1st |                |              | Friday 2nd          |              |              | Saturday 3rd        |           |                     | Sunday 4th   |           |              |
|------|--------------|---------------------|--------------|--------------|-----------|---------------------|----------------|------------|---------------------|--------------|----------------|--------------|---------------------|--------------|--------------|---------------------|-----------|---------------------|--------------|-----------|--------------|
|      | Cycle Studio | MPR/Pool*           | Dance Studio | Cycle Studio | MPR/Pool* | Dance Studio        | Cycle Studio   | MPR/Pool*  | Dance Studio        | Cycle Studio | MPR/Pool*      | Dance Studio | Cycle Studio        | MPR/Pool*    | Dance Studio | Cycle Studio        | MPR/Pool* | Dance Studio        | Cycle Studio | MPR/Pool* | Dance Studio |
| 6am  |              |                     |              |              |           |                     |                |            |                     |              |                |              |                     |              |              |                     |           |                     |              |           |              |
| 7am  |              |                     | GRIT         |              |           |                     |                |            | GRIT                |              |                |              | Sprint              |              | Body Pump    |                     |           |                     |              |           |              |
| 8am  | RPM          |                     |              | Sprint       |           | Combat              | Sprint         |            |                     | RPM          |                | CX Worx      |                     |              |              |                     |           |                     |              |           |              |
| 9am  |              |                     |              |              |           |                     |                |            |                     |              |                |              |                     |              |              | RPM                 |           |                     |              |           |              |
| 10am | RPM          | Body Con            |              |              |           | Body Balance        |                |            | Pilates             |              |                |              | Cycle               | Pilates      | Body Combat  |                     |           | Zumba**             |              |           |              |
| 11am | Aqua*        | Pilates             | Body Combat  | Cycle        |           | Sh'Bam              | RPM            | Whole Body | Pilates             |              | Light Aerobics | Sh'Bam       | Aqua*               | Zumba        |              |                     |           | Body Combat         |              |           |              |
| 12pm |              | Pilates             |              |              |           |                     |                | Yoga       | Zumba**             |              | RPM            | Body Con     |                     |              | Pilates      |                     |           | Elite Dance Academy | Body Combat  |           | Akru Shin    |
| 1pm  |              | Mature Movers       |              |              |           |                     |                |            |                     |              |                |              |                     |              |              |                     |           |                     |              |           |              |
| 2pm  |              |                     |              |              |           |                     |                |            |                     |              |                |              |                     |              |              |                     |           |                     |              |           |              |
| 3pm  |              |                     |              |              |           |                     |                |            |                     |              |                |              |                     |              |              |                     |           |                     |              |           |              |
| 4pm  |              |                     |              |              |           |                     |                |            |                     |              |                |              |                     |              |              |                     |           |                     |              |           | Body Balance |
| 5pm  |              |                     |              |              |           |                     |                |            |                     |              |                |              |                     |              |              |                     |           |                     |              | Sprint    |              |
| 6pm  |              | Elite Dance Academy | Body Pump    |              |           | Elite Dance Academy |                |            | Elite Dance Academy | Body Balance |                |              | Elite Dance Academy | Body Balance |              |                     |           |                     |              |           |              |
| 7pm  | Cycle        |                     | Yoga         | RPM          |           | Pilates             | Cycle          |            |                     |              |                |              | Elite Dance Academy | Body Combat  | Sprint       | Elite Dance Academy | GRIT      |                     |              |           |              |
| 8pm  | Circuits**   | Yoga                | Body Combat  | Sprint       |           | Body Balance        | Sprint         |            | Glute Camp          | Cycle        |                | Body Pump    |                     |              |              | Sh'Bam              |           |                     |              |           |              |
| 9pm  |              |                     |              |              |           |                     | RPM            |            | CX Worx             |              |                |              |                     |              |              |                     |           |                     |              |           |              |

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.

\* - Swimming Pool  
\*\* - Sports Hall

