

Horncastle Pool & Fitness Suite

Pool Programme

4th-24th March

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
	£5.00	£4.20	£3.75	£1.80	FREE

KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
General Swim	This is an open swimming pool session - suitable for all abilities.							
Lane Swim	Lane swimming in the pool will split the 4 lanes of the pool into lanned swimings. There will be 2 slow lanes, 1 medium lane and 1 fast lane. Lane etiquette and visual directions are situated at the end of the lanes.	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (7am)	Lane Swim (7.45am)
Quiet Swim	Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artifical lighting where possible. Our lifeguards will refrain from using whistles.						Swim Lessons	Otters Swimming Club
Over 50's Swim	General swimming for anyone 50 and over - suitable for all abilities.	School Swimming	Over 50's Swim (9.30am)	Parent & Toddler Swim (9.30am)	Aquacise (9.30am)	School Swimming		
Family Fun	Opem pool swim, with floats in the swimming pool - suitable for all abilities.		Aqua Circuits (10.45am)	General Swim (10.30am)	Ducklings Lessons	General Swim (10.30am)		General Swim (10.45am)
School Swimming Lessons	School's swimming pool booking - local school's visit the swimming pool to learn to swim	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (11.45am)	General Swim (12pm)	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (12pm)
Swimming Lessons	Swimming Lessons ran by Magna Vitae in the swimming pool. Lessons are from Ducklings up to Stage 10.				Adult Lessons		General Swim (12.30pm)	
Otters Swimming Club	Otters Swimming Club pool booking	School Swimming	Staff Training	General Swim (1pm)	One-to-One Lessons	Lane Swim (1pm)		
WB Club	Private pool booking			One-to-One Lessons	One-to-One Lessons			
Parent & Toddler Swim	This session is for parents and toddler swimmers only.	General Swim (2.45pm)		Lane Swim (2.45pm)	Lane Swim (2.45pm)	Quiet Swim (2.45pm)		
		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
		Lane Swim (6pm)	General Swim (6.15pm)	Otters Swimming Club	Lane Swim (6.45pm)			
		Otters Swimming Club	Lane Swim (7.30pm)	Aquacise (8.15pm)	Lane Swim (7.45pm) WB Club			

Please note:
Our Programme is subject to change at the discretion of our Duty Manager.
Unfortunately, this is often for reasons beyond our control.
Thank you for all of your support and understanding!

Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. For cancellations, when more than 48 hours notice is given you will receive a full refund. REMEMBER: Our Waterwise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'!

Horncastle Pool & Fitness Suite

Exercise Class Programme

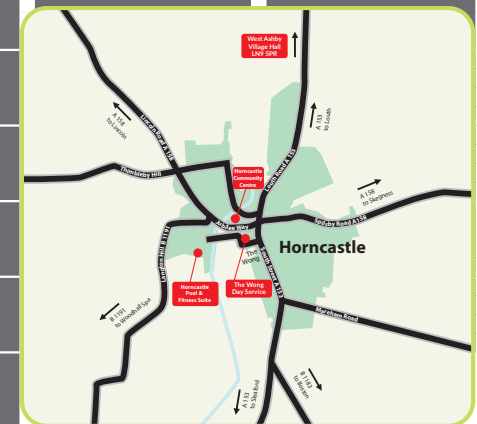
4th-24th March

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE
Yoga/Pilates	£8.60	£7.20	£6.50	FREE

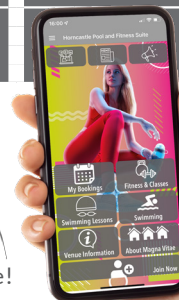
FITBALL PILATES	Pilates and Fitball exercises help to transform the way your body looks, feels and performs.
AQUA-CISE	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
AQUA CIRCUITS	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.
CIRCUITS	Circuit training is a combination of exercises, performed with short rest periods between them. This would be for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen exercises have been completed.
BOXER-CISE	An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads. It is a fun, challenging and safe workout - which is great for stress busting! Accessible to all abilities and fitness levels. (Ages 16+)
LIIT	LIIT is a class that focuses on low impact interval training. This class involves a strength focused workout using light weights.
PILATES (LIMITED NUMBERS)	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine. (Please note, this class has limited numbers and we work from a 'first come, first serve' basis)
WELL-BEING WALK	A weekly walk starting from the Bull Hotel Court Yard in Horncastle - pick from a 30 minute or 90 minute walk. In partnership with the Cooperative.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am							
9am							
10am	Fitball Pilates** 9.15am		Yoga** 9.15am	Aquacise~ 9.30am			
11am		Aqua Circuits~ 10.45am	Pilates* 10am		Ageless & Agile* 10am-2pm		
12pm	Aquacise~ 11.45am		Aquacise~ 11.45am		Aquacise~ 11.30am	Aqua Circuits~ 11.30am	
1pm							
2pm		Wellbeing Walk 2pm	Circuits* 1.30pm		Boxercise* 1.30pm		
3pm	Pilates* 2.30pm						
4pm							
5pm							
6pm		Circuits *** 6.30pm	Boxercise*** 6.30pm	LIIT* 5.30pm			
7pm				Pilates* 6.30pm			
8pm		Circuits *** 7.30pm	Boxercise*** 7.30pm				
9pm			Aquacise~ 8pm				

- * - This class takes place at West Ashby Village Hall
- ** - This class takes place at the Horncastle Community Centre
- *** - This class takes place at The Wong Day Service, Horncastle
- ~ - This class takes place in the swimming pool
- ★ - This session takes place in the spectator area within the venue



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magnavitae.org

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

MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Horncastle Pool & Fitness Suite

Pool Programme

Easter Holidays | 25th - 31st March

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
	£5.00	£4.20	£3.75	£1.80	FREE

KEY		MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	GOOD FRIDAY 29 th	SATURDAY 30 th	EASTER SUNDAY 31 st	
General Swim	This is an open swimming pool session - suitable for all abilities.								6am
Lane Swim	Lane swimming in the pool will split the 4 lanes of the pool into laned swimings. There will be 2 slow lanes, 1 medium lane and 1 fast lane. Lane etiquette and visual directions are situated at the end of the lanes.	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)		Lane Swim (7am)	Lane Swim (7.45am)	7am
Quiet Swim	Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artificial lighting where possible. Our lifeguards will refrain from using whistles.								8am
Over 50's Swim	General swimming for anyone 50 and over - suitable for all abilities.					Lane Swim (7.45am)		Lane Swim (8.45am)	9am
Family Fun	Open pool swim, with floats in the swimming pool - suitable for all abilities.								10am
School Swimming Lessons	School's swimming pool booking - local school's visit the swimming pool to learn to swim	School Swimming	Over 50's Swim (9.30am)	Parent & Toddler Swim (9.30am)	Aquacise (9.30am)	Swim Lessons	Swim Lessons		11am
Swimming Lessons	Swimming Lessons ran by Magna Vitae in the swimming pool. Lessons are from Ducklings up to Stage 10.		Aqua Circuits (10.45am)	General Swim (10.30am)	Ducklings Lessons			General Swim (10.45am)	12pm
Otters Swimming Club	Otters Swimming Club pool booking	Aquacise (11.45am)	General Swim (11.30am)	Aquacise (11.45am)	General Swim (12pm)	General Swim (11.45am)	Aquacise (11.30am)	General Swim (12pm)	1pm
WB Club	Private pool booking						General Swim (12.30pm)		2pm
Parent & Toddler Swim	This session is for parents and toddler swimmers only.	School Swimming	Staff Training	General Swim (1pm)	Adult Lessons				3pm
				One-to-One Lessons	One-to-One Lessons				4pm
		General Swim (2.45pm)		Lane Swim (2.45pm)	Lane Swim (2.45pm)				5pm
									6pm
		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons				7pm
		Lane Swim (6pm)	General Swim (6.15pm)	Otters Swimming Club	Lane Swim (6.45pm)				8pm
		Otters Swimming Club	Lane Swim (7.30pm)	Aquacise (8.15pm)	Lane Swim (7.45pm) WB Club				9pm

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Horncastle Pool & Fitness Suite

Exercise Class Programme

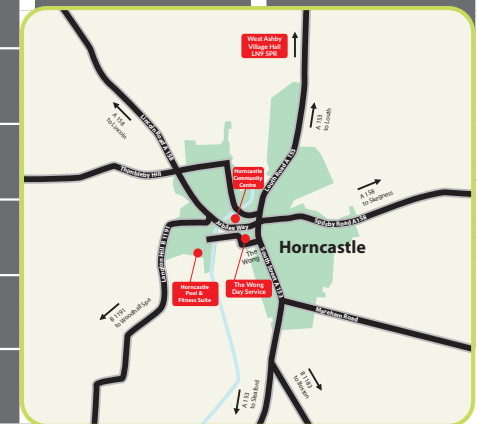
Easter Holidays | 25th - 31st March

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE
Yoga/Pilates	£8.60	£7.20	£6.50	FREE

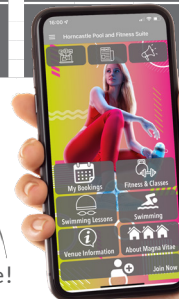
FITBALL PILATES	Pilates and Fitball exercises help to transform the way your body looks, feels and performs.
AQUA-CISE	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
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CIRCUITS	Circuit training is a combination of exercises, performed with short rest periods between them. This would be for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen exercises have been completed.
BOXER-CISE	An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads. It is a fun, challenging and safe workout - which is great for stress busting! Accessible to all abilities and fitness levels. (Ages 16+)
LIIT	LIIT is a class that focuses on low impact interval training. This class involves a strength focused workout using light weights.
PILATES (LIMITED NUMBERS)	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine. (Please note, this class has limited numbers and we work from a 'first come, first serve' basis)
WELL-BEING WALK	A weekly walk starting from the Bull Hotel Court Yard in Horncastle - pick from a 30 minute or 90 minute walk. In partnership with the Cooperative.

	MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	GOOD FRIDAY 29 th	SATURDAY 30 th	EASTER SUNDAY 31 st	
8am								8am
9am								9am
10am	Fitball Pilates** 9.15am		Yoga** 9.15am	Aquacise~ 9.30am				10am
11am		Aqua Circuits~ 10.45am	Pilates* 10am					11am
12pm	Aquacise~ 11.45am		Aquacise~ 11.45am			Aqua Circuits~ 11.30am		12pm
1pm								1pm
2pm		Wellbeing Walk 2pm	Circuits* 1.30pm					2pm
3pm	Pilates* 2.30pm							3pm
4pm								4pm
5pm								5pm
6pm				LIIT* 5.30pm				6pm
7pm		Circuits *** 6.30pm	Boxercise*** 6.30pm	Pilates* 6.30pm				7pm
8pm		Circuits *** 7.30pm	Boxercise*** 7.30pm					8pm
9pm			Aquacise~ 8pm					9pm

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Horncastle Pool & Fitness Suite

Pool Programme

Easter Holidays | 1st - 7th April

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
	£5.30	£4.40	£4.00	£2.00	FREE

KEY		EASTER								
		MONDAY 1 st	TUESDAY 2 nd	WEDNESDAY 3 rd	THURSDAY 4 th	FRIDAY 5 th	SATURDAY 6 th	SUNDAY 7 th		
General Swim	This is an open swimming pool session - suitable for all abilities.									
Lane Swim	Lane swimming in the pool will split the 4 lanes of the pool into laned swimings. There will be 2 slow lanes, 1 medium lane and 1 fast lane. Lane etiquette and visual directions are situated at the end of the lanes.		Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (7am)			
Quiet Swim	Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artificial lighting where possible. Our lifeguards will refrain from using whistles.									
Over 50's Swim	General swimming for anyone 50 and over - suitable for all abilities.					Over 50's Swim (9am)				
Family Fun	Open pool swim, with floats in the swimming pool - suitable for all abilities.									
School Swimming Lessons	School's swimming pool booking - local school's visit the swimming pool to learn to swim									
Swimming Lessons	Swimming Lessons ran by Magna Vitae in the swimming pool. Lessons are from Ducklings up to Stage 10.									
Otters Swimming Club	Otters Swimming Club pool booking									
WB Club	Private pool booking									
Parent & Toddler Swim	This session is for parents and toddler swimmers only.									
		6am							6am	
		7am							7am	
		8am	Lane Swim (7.45am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)		Lane Swim (7.45am)	8am	
		9am						Lane Swim (8.45am)	9am	
		10am	Swim Lessons	Over 50's Swim (9.30am)	Stage 1&2 Booster Deep Water Session	Aquacise (9.30am)	Distance Badge Session		10am	
		11am		Aqua Circuits (10.45am)	General Swim (10.30am)		General Swim (10.30am)		11am	
		12pm	General Swim (11.30am)	General Swim (11.30am)	Aquacise (11.45am)	Ducklings Lessons	Aquacise (11.30am)	General Swim (10.45am)	12pm	
		1pm						General Swim (12pm)	1pm	
		2pm		Pool Inflatable (1pm)	General Swim (1pm)	Adult Lessons One-to-One Lessons	Family Fun Splash (1pm)		2pm	
		3pm			One-to-One Lessons				3pm	
		4pm		General Swim (2.45pm)	Family Fun Splash (2.45pm)	General Swim (2.45pm)	Quiet Swim (2.45pm)		4pm	
		5pm							5pm	
		6pm		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		6pm	
		7pm		General Swim (6.15pm)	General Swim (6.30pm)				7pm	
		8pm		Lane Swim (7.30pm)		Lane Swim (6.45pm)			8pm	
		9pm			Aquacise (8pm)	Lane Swim (7.45pm)	WB Club		9pm	

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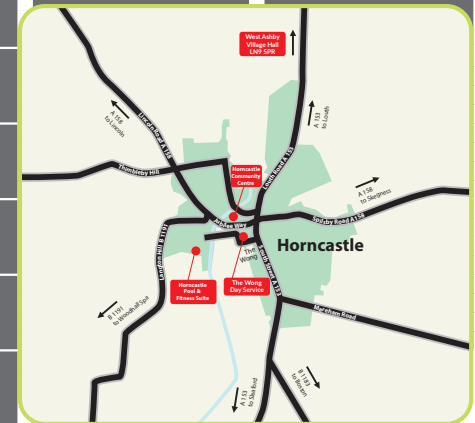
Exercise Class Programme

Easter Holidays | 1st-7th April

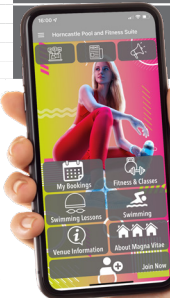
FITBALL PILATES	Pilates and Fitball exercises help to transform the way your body looks, feels and performs.
AQUA-CISE	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
AQUA CIRCUITS	Inspired by land-based circuits classes, Aqua Circuits involves the traditional strength and cardio exercises - but are completed in the pool with the added benefit of water resistance.
CIRCUITS	Circuit training is a combination of exercises, performed with short rest periods between them. This would be for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen exercises have been completed.
BOXER-CISE	An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads. It is a fun, challenging and safe workout - which is great for stress busting! Accessible to all abilities and fitness levels. (Ages 16+)
LIIT	LIIT is a class that focuses on low impact interval training. This class involves a strength focused workout using light weights.
PILATES (LIMITED NUMBERS)	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine. (Please note, this class has limited numbers and we work from a 'first come, first serve' basis)
WELL-BEING WALK	A weekly walk starting from the Bull Hotel Court Yard in Horncastle - pick from a 30 minute or 90 minute walk. In partnership with the Cooperative.

	EASTER MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8am								8am
9am								9am
10am	Fitball Pilates** 9.15am		Yoga** 9.15am	Aquacise~ 9.30am				10am
11am		Aqua Circuits~ 10.45am	Pilates* 10am		Ageless & Agile* 10am-2pm			11am
12pm	Aquacise~ 11.45am		Aquacise~ 11.45am		Aquacise~ 11.30am	Aqua Circuits~ 11.30am		12pm
1pm								1pm
2pm		Wellbeing Walk 2pm	Circuits* 1.30pm		Boxercise* 1.30pm			2pm
3pm	Pilates* 2.30pm							3pm
4pm								4pm
5pm								5pm
6pm		Circuits *** 6.30pm	Boxercise*** 6.30pm	LIIT* 5.30pm				6pm
7pm				Pilates* 6.30pm				7pm
8pm		Circuits *** 7.30pm	Boxercise*** 7.30pm					8pm
9pm			Aquacise~ 8pm					9pm

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Pool Programme

Easter Holidays | 8th - 14th April

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
	£5.30	£4.40	£4.00	£2.00	FREE

KEY								
General Swim	This is an open swimming pool session - suitable for all abilities.							
Lane Swim	Lane swimming in the pool will split the 4 lanes of the pool into lanned swimings. There will be 2 slow lanes, 1 medium lane and 1 fast lane. Lane etiquette and visual directions are situated at the end of the lanes.							
Quiet Swim	Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artifical lighting where possible. Our lifeguards will refrain from using whistles.							
Over 50's Swim	General swimming for anyone 50 and over - suitable for all abilities.							
Family Fun	Opem pool swim, with floats in the swimming pool - suitable for all abilities.							
School Swimming Lessons	School's swimming pool booking - local school's visit the swimming pool to learn to swim							
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Otters Swimming Club	Otters Swimming Club pool booking							
WB Club	Private pool booking							
Parent & Toddler Swim	This session is for parents and toddler swimmers only.							
		MONDAY 8 th	TUESDAY 9 th	WEDNESDAY 10 th	THURSDAY 11 th	FRIDAY 12 th	SATURDAY 13 th	SUNDAY 14 th
6am								
7am		Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (6.30am)	Lane Swim (7am)	
8am		Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)		Lane Swim (7.45am)
9am						Over 50's Swim (9am)	Swim Lessons	Otters Swimming Club
10am		General Swim (9.30am)	Over 50's Swim (9.30am)	Deep Water Session Stage 1&2 Booster	Aquacise (9.30am)	Distance Badge Session		
11am		Stage 3&4 Booster	Aqua Circuits (10.45am)	General Swim (10.30am)	Ducklings Lessons	General Swim (10.30am)		
12pm		Aquacise (11.45am)	General Swim (11.30am)	Aquacise (11.45am)	General Swim (12pm)	Aquacise (11.30am)	Aquacise (11.30am)	General Swim (10.45am)
1pm		Family Fun Splash (1pm)	Staff Training	General Swim (1pm)	Adult Lessons	Family Fun Splash (1pm)	General Swim (12.30pm)	General Swim (12pm)
2pm				One-to-One Lessons	One-to-One Lessons			
3pm		General Swim (2.45pm)		Family Fun Splash (2.45pm)	General Swim (2.45pm)	Quiet Swim (2.45pm)		
4pm		Swim Lessons						
5pm		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
6pm		Lane Swim (6pm)	General Swim (6.15pm)	General Swim (6.30pm)			<div>Please note: Our Programme is subject to change at the discretion of our Duty Manager. <i>Unfortunately, this is often for reasons beyond our control.</i> Thank you for all of your support and understanding!</div>	
7pm		Lane Swim (7pm)			Lane Swim (6.45pm)			
8pm			Lane Swim (7.30pm)	Aquacise (8pm)	Lane Swim (7.45pm)	WB Club		
9pm								

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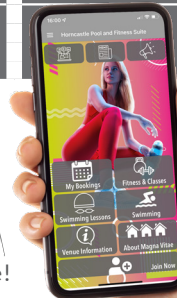
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9am							
10am			Yoga** 9.15am	Aquacise~ 9.30am			
11am		Aqua Circuits~ 10.45am	Pilates* 10am		Ageless & Agile* 10am-2pm		
12pm	Aquacise~ 11.45am		Aquacise~ 11.45am		Aquacise~ 11.30am	Aqua Circuits~ 11.30am	
1pm							
2pm		Wellbeing Walk 2pm	Circuits* 1.30pm		Boxercise* 1.30pm		
3pm	Pilates* 2.30pm						
4pm							
5pm							
6pm				LIIT* 5.30pm			
7pm		Circuits *** 6.30pm	Boxercise*** 6.30pm	Pilates* 6.30pm			
8pm		Circuits *** 7.30pm	Boxercise*** 7.30pm				
9pm			Aquacise~ 8pm				

- * - This class takes place at West Ashby Village Hall
- ** - This class takes place at the Horncastle Community Centre
- *** - This class takes place at The Wong Day Service, Horncastle
- ~ - This class takes place in the swimming pool
- ★ - This session takes place in the spectator area within the venue



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