

HORNCastle POOL & FITNESS SUITE

Fitness and Pool Programme

From 1 November 2021

Don't forget, all sessions (fitness, swimming and classes) are included in your membership.

ALL SESSIONS

To avoid disappointment it is advised to pre-book all sessions.

Please don't forget if you are unable to attend a session cancel via our booking online system.

PAY AS YOU GO PRICING

Fitness Session
MV Card £5.65 per session
MV Concession £5.10 per session

Swimming Session
MV Card £3.80 per session
MV Concession £3.40 per session

Aquacise Class
MV Card £4.75 per class
MV Concession £4.25 per class

SWIMMING SESSIONS

Swimming sessions are non-transferable and non-refundable.

NOTE: Sunday General Swim at 1:15pm will only be running if other sessions are fully booked. Please check our app for up to date times.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am								6am
7am								7am
8am	Lane Swimming (7.15am)	Lane Swimming (7.15am)	Lane Swimming (7.15am)	Lane Swimming (7.15am)	Lane Swimming (7.15am)		Lane Swimming (7.45am)	8am
9am	Lane Swimming (8.30am)		Lane Swimming (8.30am)		Lane Swimming (8.30am)	Swim Lessons		9am
10am	General Swim (10am)	Over 50's (9.30am)	General Swim (10am)	Over 50's (9.30am)	General Swim (10am)			Otters Swimming Club
11am	Ducklings Lessons	General Swim (11am)		Ducklings Lessons			General Swim (10.45am)	11am
12pm	Aquacise (12pm)		Aquacise (11.30am)		Aquacise (11.30am)	Family Fun Splash (11.15am)	General Swim (12pm)	12pm
1pm						General Swim (12.45pm)	General Swim (1.15pm)	1pm
2pm	School Swimming Lessons	School Swimming Lessons	School Swimming Lessons	School Swimming Lessons	School Swimming Lessons			2pm
3pm		Staff Training (2.45pm)	General Swim (2.45pm)		General Swim (2.45pm)			3pm
4pm								4pm
5pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
6pm	Lane Swimming (6pm)			Aquacise (6pm)				6pm
7pm		General Swimming (6.15pm)	Otters Swimming Club	Lane Swimming (6.45pm)	General Swimming (6.30pm)			7pm
8pm	Otters Swimming Club	Lane Swimming (7.30pm)	Lane Swimming (8pm)	Lane Swimming (7.45pm)	WB Club			8pm
9pm								9pm

FITNESS SUITE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPENING TIMES:	7:00am-1:00pm & 2:00pm-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-8:00pm	8:00am-2:00pm	8:00am-2:00pm

HORNCASTLE POOL & FITNESS SUITE EXERCISE CLASSES

From 1 November 2021

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>	
7am								7am
8am								8am
9am								9am
10am	Fitball Pilates** 9.15am		Yoga*** 9.30am					10am
11am								11am
12pm	Aquacise 12pm		Aquacise 11.30am		Aquacise 11.30am			12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm	Combat ^ 6pm	Body Sculpt ^ 6pm	MV Circuits ^ 6pm	Aquacise 6pm				6pm
7pm	Zumba ^ 7pm	Kettlebells ^ 7pm	Ab Balance ^ 7pm					7pm
8pm								8pm

Key

** - This class takes place at the Horncastle Community Centre

*** - This class takes place at Hamilton Hall in Tetford

^ - This class takes place at QEGS School, Horncastle

HORNCASTLE POOL & FITNESS SUITE EXERCISE CLASSES

From 1 November 2021

Class Descriptions:

<p>FITBALL PILATES JACQUI - Mondays at 9.15am at Horncastle Community Centre</p>	<p>Pilates and Fitball exercises help to transform the way your body looks, feels and performs.</p>
<p>COMBAT SARAH - Mondays at 6pm at QEGS School, Horncastle</p>	<p>Combat is a cardio class inspired by martial arts where you can punch, kick and strike your way through a total body workout to motivating music. Expect to burn heaps of calories and feel great whilst doing it!</p>
<p>ZUMBA SARAH - Mondays at 7pm at QEGS School, Horncastle</p>	<p>Combine the calorie burning benefits of traditional aerobics with up-to-date, fun dance moves - and you have Zumba! Catering for every user's ability, it's one of our most popular classes. Come and get fit & bring your latin spirit with you.</p>
<p>AQUACISE Mondays at 12pm, Wednesdays at 11.30am, Thursdays at 6pm & Fridays at 11:30am</p>	<p>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.</p>
<p>YOGA JACQUI - Wednesdays at 9.30am at Hamilton Hall in Tetford</p>	<p>A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.</p>
<p>BODY SCULPT FAYE - Tuesdays at 6pm at QEGS School, Horncastle</p>	<p>'Body Sculpt' is a muscle-toning class focused primarily on core and body muscle strength. It combines cardiovascular, stretching and strength-training exercises to help burn calories, increase flexibility and tone muscles - all at once!</p>
<p>KETTLEBELLS FAYE - Tuesdays at 7pm at QEGS School, Horncastle</p>	<p>Kettlebells are great for body conditioning and developing endurance. You will improve your balance and co-ordination through performing a number of moves using different positions and movements. This is a great class for anyone looking to improve muscle tone and burn calories.</p>
<p>MV CIRCUITS FAYE - Wednesdays at 6pm at QEGS School, Horncastle</p>	<p>MV Circuits is a high intensity, fast-paced workout. The class is designed and structured to get you real sweaty! It will help you tone your body, shed fat and feel great. There is no set structure, meaning the instructor led session will be fun, diverse and easily adapted to fit your physical abilities.</p>
<p>AB BALANCE FAYE - Wednesdays at 7pm at QEGS School, Horncastle</p>	<p>A strong core is necessary for good posture and improving your balance. The class focuses on function and mobility. It will improve your posture and increase co-ordination. Balance is important in everyday life, as well as in other forms of exercise (including running, dancing or lifting).</p>

