


# HORNCastle POOL & FITNESS SUITE

Fitness and Pool Programme  
From 4 January 2022

	Swimming Prices				
	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
Swimming	£4.80	£4.00	£3.60	£1.70	FREE

	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)	Aquacise (9.30am)	General Swim (10am)			Otters Swimming Club	10am
11am	Ducklings Lessons	General Swim (11am)		Ducklings Lessons				General Swim (10.45am)	11am
12pm	Aquacise (11.45am)		Aquacise (11.30am)		Aquacise (11.30am)		Family Fun Splash (12pm)	12pm	
1pm	School Swimming Lessons		School Swimming Lessons	School Swimming Lessons	School Swimming Lessons	General Swim (12.30pm)		1pm	
2pm		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)	General Swimming (6.15pm)		Aquacise (6pm)				6pm	
7pm	Otters Swimming Club		Otters Swimming Club	Lane Swimming (6.45pm)	General Swimming (6.30pm)			7pm	
8pm		Lane Swimming (7.30pm)	Lane Swimming (8pm)	Lane Swimming (7.45pm)	WB Club			8pm	
9pm								9pm	

# HORNCASTLE POOL & FITNESS SUITE

## Exercise Classes

From 4 January 2022

	Exercise Class Prices		
	Non Member	MV Card Holder	MV Concession Card Holder
45mins - 1 hour	£6.80	£5.65	£5.10
Yoga/Pilates	£8.40	£7.00	£6.30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7am								7am
8am								8am
9am								9am
10am	Fitball Pilates** 9.15am		Yoga*** 9.30am	Aquacise 9.30am				10am
11am								11am
12pm	Aquacise 11.45am		Aquacise 11.30am		Aquacise 11.30am			12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm	Combat ^ 6pm	Body Sculpt ^ 6pm	HIIT ^ 6pm	Aquacise 6pm				6pm
7pm	Dancercise ^ 7pm	Legs, Bums & Tums ^ 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

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## Exercise Class Descriptions From 4 January 2022

	Exercise Class Prices		
	Non Member	MV Card Holder	MV Concession Card Holder
45mins - 1 hour	£6.80	£5.65	£5.10
Yoga/Pilates	£8.40	£7.00	£6.30

<b>FITBALL PILATES</b> JACQUI - Mondays at 9.15am at Horncastle Community Centre	Pilates and Fitball exercises help to transform the way your body looks, feels and performs.
<b>COMBAT</b> SARAHA - Mondays at 6pm at QEGS School, Horncastle	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!
<b>DANCERCISE</b> SARAHA - Mondays at 7pm at QEGS School, Horncastle	A fun, full-body workout with music to get your blood pumping! These sessions are designed to kick, punch and dance calories off! With plenty of adaptations, this class suits all fitness levels. With slightly dimmed lights, you can dance like nobody's watching!
<b>AQUACISE</b> Mondays at 12pm, Wednesdays at 11.30am, Thursdays at 6pm & Fridays at 11:30am	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.
<b>YOGA</b> JACQUI - Wednesdays at 9.30am at Hamilton Hall in Tetford	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
<b>BODY SCULPT</b> FAYE - Tuesdays at 6pm at QEGS School, Horncastle	'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!
<b>LEGS, BUMS &amp; TUMS</b> FAYE - Tuesdays at 7pm at QEGS School, Horncastle	Squat low, sit up and lunge yourself into a class you will love to hate! This class will challenge you using your own body, weights and resistance bands to burn and tone those stubborn areas. This class is suitable for all abilities with great alternatives or even progressions if you're feeling fighting fit.
<b>HIIT</b> <i>(High Intensity Interval Training)</i> FAYE - Wednesdays at 6pm at QEGS School, Horncastle	This High Intensity Interval Training class is designed and structured to make you sweat in places you didn't even know you could! It will help tone you from head to toe, shed fat and feel great! The diversity in session structures means each class will be fun, different and adaptable to suit every level of fitness.
<b>AB BALANCE</b> FAYE - Wednesdays at 7pm at QEGS School, Horncastle	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).



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