


HORNCASTLE POOL & FITNESS SUITE

Fitness and Pool Programme

From 5th September 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	Lane Swim (7am)	Lane Swim (7am)	Lane Swim (7am)	Lane Swim (7am)	Lane Swim (7am)	Lane Swim (7am)		7am
8am	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)	Lane Swim (8am)		Lane Swim (7.45am)	8am
9am	General Swim (9am)					Swim Lessons	Otters Swimming Club	9am
10am	General Swim (10am)	Over 50's (9.30am)	General Swim (10am)	Aquacise (9.30am)	General Swim (10am)			
11am	Ducklings Lessons	General Swim (11am)		Ducklings Lessons			General Swim (10.45am)	11am
12pm	Aquacise (11.45am)		Aquacise (11.45am)	General Swim (12pm)	Aquacise (11.30am)	Aqua Circuits (11.30am)	General Swim (12pm)	12pm
1pm	School Swimming	School Swimming	School Swimming	General Swim (1pm)	School Swimming	General Swim (12.30pm)		1pm
2pm				General Swim (2pm)				2pm
3pm		Staff Training (2.45pm)	Lane Swim (2.45pm)		Quiet Swim (2.45pm)			3pm
4pm								4pm
5pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			5pm
6pm	Lane Swim (6pm)							6pm
7pm	Otters Swimming Club	General Swim (6.15pm)	Otters Swimming Club	Lane Swim (6.45pm)	General Swim (6.30pm)			7pm
8pm		Lane Swim (7.30pm)		Lane Swim (7.45pm)	WB Club			8pm
9pm								9pm

Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. General Swim sessions are non-refundable and non-transferable.

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Exercise Classes

From 20th September 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	Fitball Pilates** 9.15am		Yoga** 9.15am	Aquacise~ 9.30am				9am
10am								10am
11am	Social Walk 10.30am							11am
12pm	Aquacise~ 11.45am		Aquacise~ 11.45am		Aquacise~ 11.30am	Aqua Circuits~ 11.30am		12pm
1pm					Gym Social 1pm			1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm				LIIT* 5.30pm				6pm
7pm		Circuits (Beginners)*** 6.30pm	Circuits (Advanced)*** 6.30pm	Pilates* 6.30pm				7pm
8pm								8pm

Key

- * - This class takes place at West Ashby Village Hall
- ** - This class takes place at the Horncastle Community Centre
- *** - This class takes place at Bucknall Village Hall
- ~ - This class takes place in the swimming pool

HORNCASTLE POOL & FITNESS SUITE

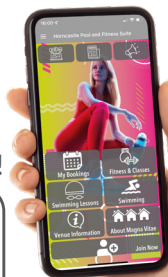
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<p>FITBALL PILATES JACQUI - Mondays at 9.15am at Horncastle Community Centre</p>	Pilates and Fitball exercises help to transform the way your body looks, feels and performs.
<p>AQUACISE Mondays at 11:45am, Wednesdays at 11.45am, Thursdays at 9:30am & Fridays at 11.30am</p>	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.
<p>YOGA JACQUI - Wednesdays at 9.15am at Horncastle Community Centre</p>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
<p>AQUA CIRCUITS Saturdays at 11.30am</p>	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.
<p>SOCIAL WALK Mondays at 10.30am</p>	Come along on Mondays from 10:30am and join one of our Lifestyle Consultants for a walk and a natter. (These can be up to one hour long)
<p>GYM SOCIAL Fridays at 1pm</p>	This session is the perfect opportunity to meet new people and train with others. Meet and motivate each other - exchanging your favourite workout tips and tricks... A lifestyle consultant will be available for a chat and training tips, too!
<p>CIRCUITS (BEGINNERS) Tuesdays at 6.30pm at Bucknall Village Hall</p>	Ease your way into this workout with our beginners class! 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.
<p>CIRCUITS (ADVANCED) Wednesdays at 6.30pm at Bucknall Village Hall</p>	Feeling fit? Put it to the test and book our advanced Circuits class! 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.
<p>LIIT (Low Impact Interval Training) Tuesdays at 5.30pm at West Ashby Village Hall</p>	LIIT is a class that focuses on low impact interval training. This class involves a strength focused workout using light weights.
<p>PILATES (LIMITED NUMBERS) Thursdays at 6.30pm at West Ashby Village Hall</p>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine. <i>(Please note, this class has limited numbers and we work from a 'first come, first come serve' basis)</i>

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

