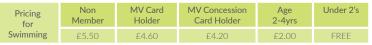
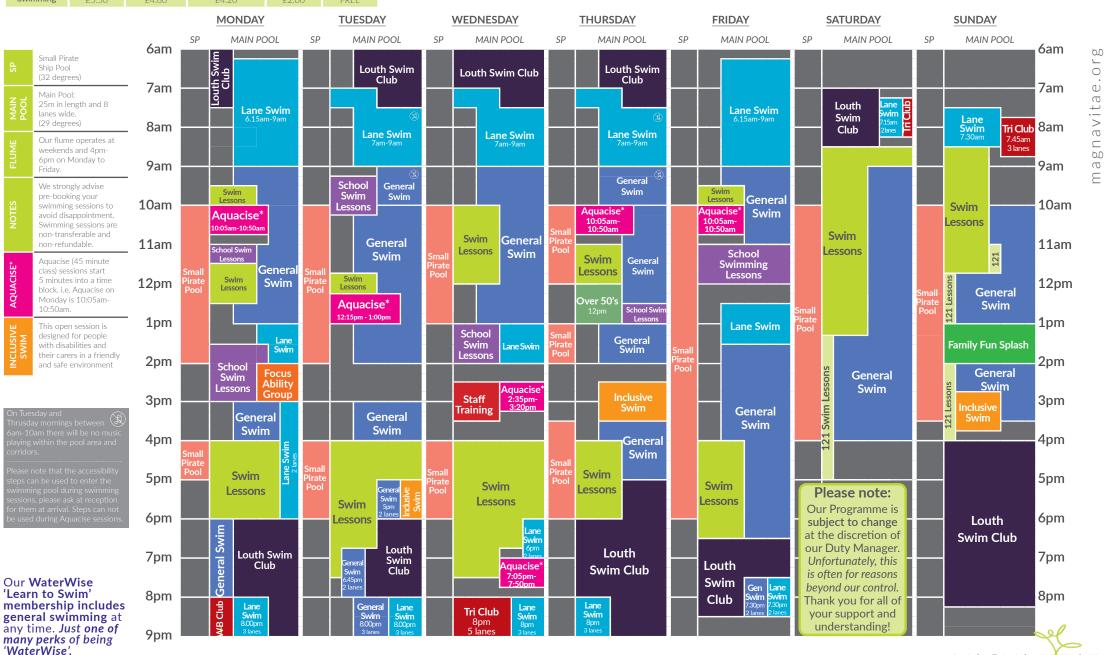
Main Pool & Leisure Pool Programme

15th April -5th May

TRUST FOR LEISURE & CULTURE

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Wellness Studio Programme 15th April -5th May

CATLIDDAY

magnavitae.org

CLINIDAY

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

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THECD AND

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	KEY	6am	_							6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	7am 8am	Wellness Hour				Wellness Hour			7am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress	9am		Wellness Hour						8am 9am
STRETCH & RELAX	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.	10am			Balance & Mobility Pilates				Wellness Hour	10am
STRET		11am	Pilates		Pilates		Pilates	Wellness Hour		11am
BALANCE & MOBILITY PILATES	Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and	12pm		Yoga			Pilates			12pm
	stretching to promote overall well-being. Wellness Hour is a quite session for users and members to use for stretching, light	1pm			Stretch & Relax					1pm
WELLNESS HOUR	aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.	2pm								2pm
		3pm								3pm
		4pm								4pm
		5pm								5pm
		6pm			- Pilates	Yoga				6pm
		7pm		Yoga	T nates	Wellness Hour				7pm
		8pm		Pilates	Wellness Hour		Wellness Hour			8pm
		9pm								9pm

MEDNICO

THURSDAY

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Fitness Suite & Cycle Studio Programme

15th April -5th May

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitrual Classes	£3.60	£3.00	£2.65	FREE

	KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		b.
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how	6am 7am		RPM						6am	
Vi	it works.		BEGINNER CYCLE	SPRINT	RPM	RPM	RPM				\ \ \ \
	A group indoor cycling work- out where you control the	- 8am i	RPM		SPRINT	RPM	SPRINT			oalli	π Ω α
Virtual RPM™	intensity. It's fun, low impact and you can burn up to 675	9am		SPRINT			CVCLE			9am	3 7 2
&	calories a session. A 30-minute High-Intensity	- 10am	CVCLE	CVCLE			CYCLE	CYCLE		10am	
Virtual SPRINT™	Interval Training (HIIT) work- out, using an indoor bike to achieve fast results	11am	CYCLE	CYCLE		RPM	RPM	CYCLE		11am	
	Cycle is high-intensity exer-	-				KPIVI	SPRINT			12pm	
Cycle	cise on a stationary bike. It combines cardio and endur- ance in a calorie-crunching	12pm		RPM		RPM	SPRINT	SPRINT			
	session! Taking place on the gym	_ 1pm						RPM	SPRINT	1pm	
SYNRGY*	floor these classes are a great way to improve your strength and fitness whilst	2pm						RPM	BEGINNER RPM	2pm	
SYN	preparing your body for everyday tasks.	3pm					RPM		BESINIVER RI M	3pm	
*smr	Legs, bums and tums is a full body aerobic workout that	- 1nm	SPRINT	RPM	RPM	RPM	SPRINT	SPRINT	RPM	■4pm	
Bums and Tums [*]	aims to tone up those flabby areas of your thighs, bum and stomach, great for those	4pm	RPM	SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT		
s, Bums	who want to lose weight or even for those who simply	5pm	RPM	RPM	RPM	SPRINT	SPRINT	RPM	RPM	5pm	
Legs,	want to improve their fitness levels.	6pm	CYCLE		RPM	RPM SYNRGY	BEGINNER RPM		SPRINT	6pm	
	An exercise concept based on the training methods used by boxers. Sessions	7pm	CICLL	SPRINT		RPM SYNRGY*	SPRINT			7pm	
tness*	typically involve hitting focus pads and	8pm	RPM	RPM	CYCLE	RPM LBT*	RPM			8pm	
Fight to Fitness*	no class involves hitting an opponent. It is a fun, challenging and safe	·	RPM	SPRINT	RPM					9pm	
Fig	workout - which is great for stress busting! Accessible to	9pm	* - This session takes place in t	the functional area of the gym	1.					1 4 hiii	



stress busting! Accessible to all abilities and fitness levels.

(Ages 16+)

A Partner to East Lindsey District Council.

Dance Studio Programme

15th April -5th May

TRUST FOR LEISURE & CULTURE

magnavitae.org

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitrual Classes	£3.60	£3.00	£2.65	FREE

BODY CON- DITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
DU ATEC	muscle shaping away from the gym.	- 6am								6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the musclesaround the spine.	. 7am								7am
MATURE MOVERS	A 45 minute class designed for those who want a lower impact exercise session using a	0	Les Mills BodyPUN	1P						8am
	variety of toning and mobility exercises some of which will be chair based.	8am	Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Milla		Oalli
YOGA	A physical and mental exercise using	9am		BodyBALANCE		BodyBALANCE		Les Mills BodyBALANCE		9am
	stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	10am	Body Conditionin	g Pilates	Zumba	Fitness Pilates	Zumba	Latin Fit	Les Mills BodyPUMP	10am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment	11am	Pilates	PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE	11am
LATIN FIT	and balance. Join Kelly on Saturday mornings and dance	. 10	Mature Movers	Balance & Mobility	Whole Body Exercise	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam	12pm
	your way into fitness with this fun, aerobic style workout!	12pm	Pilates				Les Mills BodyPUMP		Les Mills CORE	
ZUMBA	Combine the calorie burning benefits of traditional aerobics with fun dance moves &	1pm			. Yoga			Les Mills Sh'Bam		1pm
	you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.	2pm			Les Mills BodyPUMP			Les i illis sii balli		2pm
WHOLE	Based on natural body movements; improves				Private Hire	Cardiac Rehab	Les Mills BodyCOMBAT			
BODY EXERCISE	posture/strengthens core; works major muscle groups; improves coordination and	3pm		Les Mills			BodycoMBAI		Les Mills BodyPUMP	3pm
	balance; variety of rhythms influence move- ment dynamics; suitable for all ages, male and	4pm		Les Mills BodyCOMBAT						4pm
LOW	female; work at your own pace; fun.		Les Mills Sh'Bam	Les Mills CORE	Les Mills BodyPUMP				Les Mills BodyBALANCE	
IMPACT AEROBICS	A great class based around traditional aerobics music with great music with the choreography	5pm	Fitness Pilates		Les Mills BodyCOMBAT		Private Hire		D: (III	5pm
ALROBICS	designed to be slightly slower tempo than aerobics.	. 6pm			BodyCOMBAI	Les Mills BodyPUMP			Private Hire	6pm
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.	_	Yoga	Zumba	CLUDEIT	Body Conditioning	Latin Fit			7pm
RIP	RIP is choreographed strength training with a	· 7pm	Yoga		CLUBFIT	Los Mills	L NATH CLID			7 piii
	barbell, designed to get results and help you get fitter and stronger!	8pm		Les Mills BodyPUMP	PiYo	Les Mills BodyCOMBAT	Les Mills Sh'Bam			8pm
BALANCE & MOBILITY	Immerse yourself in a dynamic circuit-style class tailored to enhance your balance,	0	Les Mills BodyCOMBAT	Les Mills CORE	Les Mills BodyPUMP (45mins)					9 _{pm}
	mobility, posture, and stability. Experience the benefits of light exercise and stretching as you progress towards improved overall functionality.	9pm	Virtual you	e yoga-based class that will improve your life. Bend and stretch through a serid embrace elements of Tai Chi and Pila	ies of simple yoga moves	VIILUAI	diovascular workout that will burn , kick and jump through pre chore ning music.			- <i>7</i> pm
PiYo	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga.		VIRTUAL	reat full body workout set to great mu I high repetition's to burn calories and e.	0 0 0		es around the core, cx worx provitronger body. As well as the stomal lower back.		w.	,
	It's a true fat-burning, low-impact program that'll get you incredibly defined.			un loving insanely addictive dance wor te required. An insanely addictive grou					MAGNA V	<u></u>
Magna Vitae is a	Registered Charity. Charity Number 1160156.			, simple yet sassy dance moves, all set					INIVAINV AA	

Sports Hall Programme

15th- 21st April

Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card) Our Gymnastics is for children ages 18mths-16yrs.

Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work.

MV Panthers is Magna Vitae's very own basketball group for juniors aged 8-17yrs. We aim to develop a passion for basketball in juniors by teaching them the fun sport itself and developing their skills whilst also teaching the importance of teamwork.

A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm. They play social mixed badminton and welcome all abilities. To contact us, either email us at: louthbc2020@gmail.com or come and join in!

> Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)

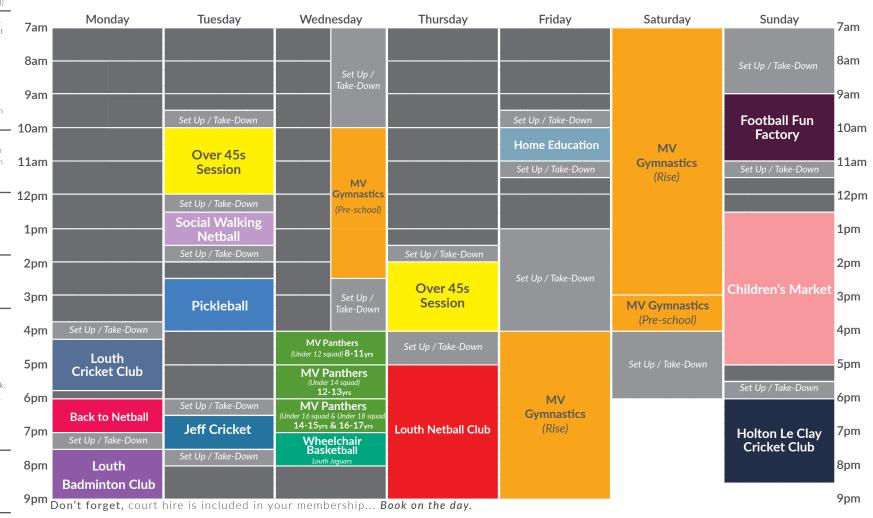
Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (the majority of the team) it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and helping to build self-confidence so that each person feels a valued member of the team. We welcome people of all ages and abilities.

WHEELCHAIR BASKETBALL LOUTH JAGUARS

There are 4 sessions: 5:00-6:00pm; (Years 2-6): 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional information, please email: carolynblackburn0409@gmail.com

Easy to play and simple to learn for people of all ages. It's the fastest growing sport in America! Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment will be provided.

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.









Sports Hall Programme

22nd April-5th May

Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)

Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work.

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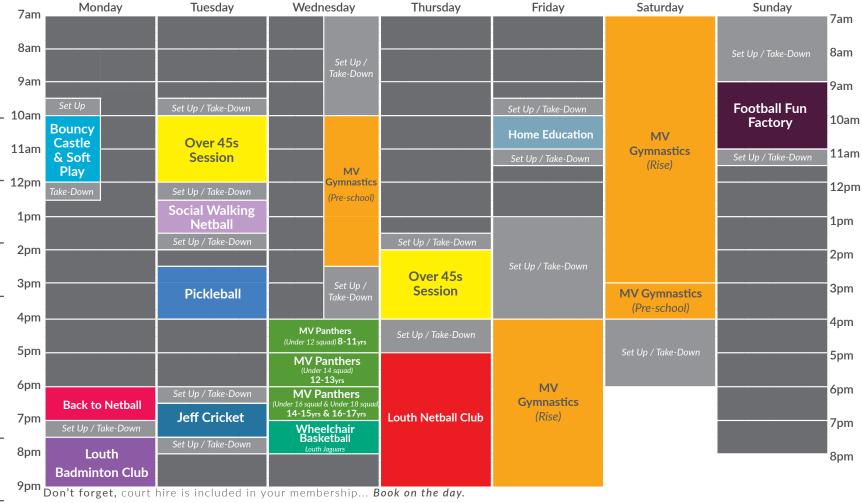
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WHEELCHAIR BASKETBALL LOUTH JAGUARS

There are 4 sessions: 5:00-6:00pm; (Years 2-6): 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional information, please email: carolynblackburn0409@gmail.com

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MV Concession

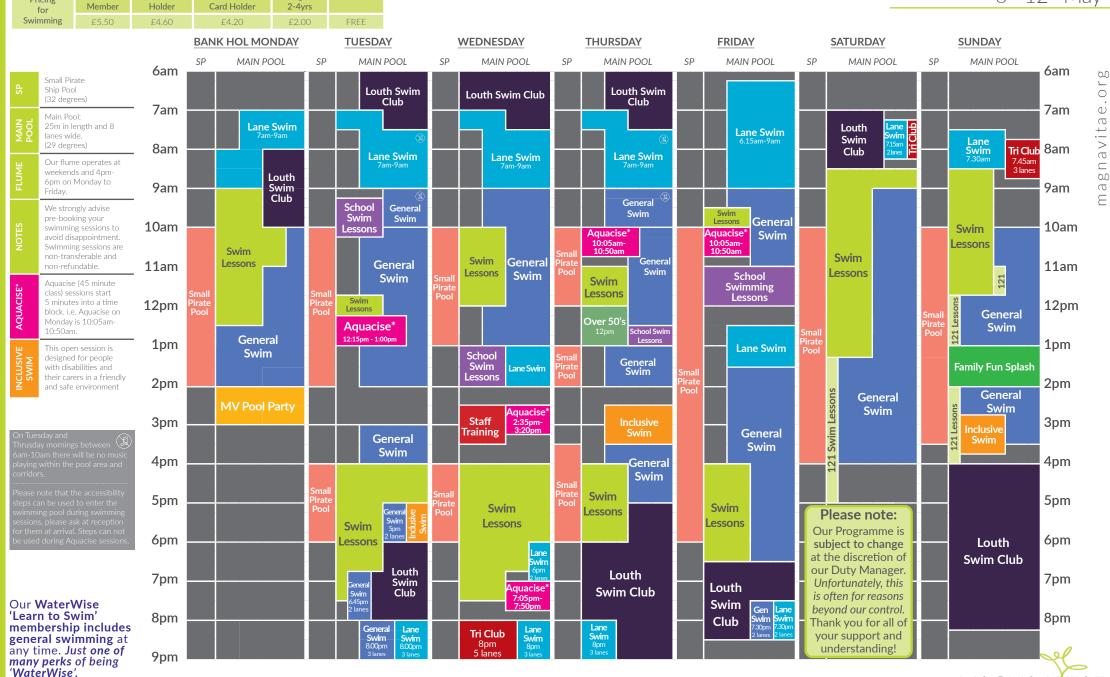
Under 2's

MV Card

Pricing

Main Pool & Leisure Pool Programme

6th-12th May



Wellness Studio Programme 6th-12th May

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	KEY	6am								6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	7am - 8am -					Wellness Hour			7am 8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress	9am		Wellness Hour	Delenes C					9am
STRETCH & RELAX	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.	10am			Balance & Mobility Pilates				Wellness Hour	10am
		11am			Pilates		Pilates	Wellness Hour		11am
BALANCE & MOBILITY PILATES	Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and	12pm		Yoga			Pilates			12pm
	stretching to promote overall well-being. Wellness Hour is a quite session for users	1pm			Stretch & Relax					1pm
WELLNESS HOUR	and members to use for stretching, light aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.	2pm								2pm
		3pm								3pm
		4pm								4pm
		5pm								5pm
		6pm				Yoga				6pm
		7pm		Yoga	Pilates	Wellness Hour				7pm
		8pm		Pilates	Wellness Hour		Wellness Hour			8pm
		9pm								9pm

Fitness Suite & Cycle Studio Programme 6th-12th May

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitrual Classes	£3.60	£3.00	£2.65	FREE

	KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how	6am		RPM						6am 7am
Vir Beginn	it works.	7am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM			8am
ual 1™	A group indoor cycling work- out where you control the	- 8am	RPM		SPRINT	RPM	SPRINT			
Virtual RPM™	intensity. It's fun, low impact and you can burn up to 675 calories a session.	9am		SPRINT			CYCLE			9am
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) work- out, using an indoor bike to	10am	CYCLE	CYCLE			RPM	CYCLE		10am
SPF	achieve fast results Cycle is high-intensity exer-	11am				RPM	SPRINT			11am
Cycle	cise on a stationary bike. It combines cardio and endur- ance in a calorie-crunching	12pm		RPM		RPM	SPRINT	SPRINT		12pm 1pm
*_	session! Taking place on the gym floor these classes are a	_ 1pm						RPM	SPRINT	·
SYNRGY*	great way to improve your strength and fitness whilst preparing your body for	2pm					RPM	RPM	BEGINNER RPM	2pm 3pm
ms*	everyday tasks. Legs, bums and tums is a full body aerobic workout that	3pm		RPM	RPM	RPM	SPRINT	SPRINT	RPM	
Bums and Tums [*]	aims to tone up those flabby areas of your thighs, bum and stomach, great for those	4pm		SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT	4pm 5pm
Legs, Bum	who want to lose weight or even for those who simply want to improve their fitness	5pm		RPM	RPM	SPRINT	SPRINT	RPM	RPM	
	levels. An exercise concept based	6pm		SPRINT	RPM	RPM SYNRGY*	BEGINNER RPM SPRINT		SPRINT	6pm
ssa	on the training methods used by boxers. Sessions typically involve	7pm		RPM	CYCLE	RPM LBT	RPM			7pm
Fight to Fitness*	hitting focus pads and no class involves hitting an opponent. It is a fun,	8pm		SPRINT	RPM	KI M	KPIVI			8pm
Fight	challenging and safe workout - which is great for stress busting! Accessible to	9pm	* - This session takes place in	the functional area of the gyn	າ.					9pm



stress busting! Accessible to all abilities and fitness levels.

(Ages 16+)

A Partner to East Lindsey District Council.

Dance Studio Programme

6th -12th May

magnavitae.org

TRUST FOR LEISURE & CULTURE

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitrual Classes	£3.60	£3.00	£2.65	FREE

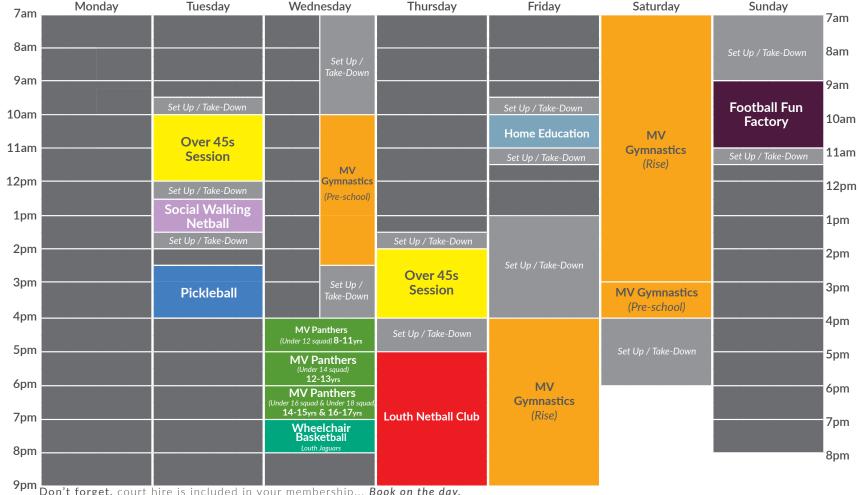
Vitrual Cla	sses	£3.60	£3.00	ļ	£2.65	FREE						
BODY CON- DITIONING	exercises	s warm up with mus s. A great class for t shaping away from t	those looking for	– 6am	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	∎6am
PILATES	work to	combining stretching improve posture an around the spine.	0	7am								7am
MATURE MOVERS	want a lo variety o	nute class designed ower impact exercis of toning and mobili n will be chair based	ise session using a lity exercises some	8am	Les Mills BodyPU			Les Mills BodyBALANCE	Les Mills CORE	l es Mills		8am
YOGA	stretchin posture	cal and mental exercing & breathing to he and core stability, with the and core stability, with release stress.	elp improve	9am 10am		Pilates	Zumba	Fitness Pilates	Zumba	Les Mills BodyBALANCE Latin Fit	Les Mills BodyPUMP	9am 10am
FITNESS PILATES		ased exercises coments to improve pos		- 11am		PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE	11am
LATIN FIT	Join Kell	y on Saturday morr y into fitness with tl		- 12pm		Balance & Mobility	Whole Body Exercise	Body Conditioning	Les Mills BodyPUMP	Les Mills BodyPUMP	Les Mills Sh'Bam Les Mills CORE	12pm
ZUMBA	Combine tradition you have	e the calorie burnin, nal aerobics with fur e Zumba. Catering t k bring your Latin sp	n dance moves & for every ability.	1pm 2pm			Yoga Les Mills BodyPUMP	Cardiac Rehab		Les Mills Sh'Bam	ECS IVIIIIS CORE	1pm 2pm
WHOLE BODY EXERCISE	posture/ muscle g balance; ment dy	strengthens core; v groups; improves co variety of rhythms	oordination and s influence move- or all ages, male and	3pm 4pm		Les Mills BodyCOMBAT	Private Hire	Cardiac Renab	Les Mills BodyCOMBAT		Les Mills BodyPUMP	3pm 4pm
LOW IMPACT AEROBICS	A great o	class based around ith great music with d to be slightly slow	traditional aerobics h the choreography	- 5pm _ 6pm		Les Mills CORE	Les Mills BodyPUMP Les Mills BodyCOMBAT	Les Mills BodyPUMP	Private Hire		Les Mills BodyBALANCE Private Hire	5pm 6pm
CLUB FIT RIP	darkened	d room with disco li		- 7pm		Zumba	CLUBFIT	Body Conditioning	Latin Fit			7pm
RIP	barbell, o	noreographed streng designed to get resu r and stronger!		8pm		Les Mills BodyPUMP	PiYo	Les Mills BodyCOMBAT	Les Mills Sh'Bam			8pm
BALANCE & MOBILITY	class tail mobility, the bene	e yourself in a dynar ored to enhance yo , posture, and stabili efits of light exercise progress towards im pality.	our balance, lity. Experience se and stretching	9pm	Virtual BodyBALANCE™	Les Mills CORE The yoga-based class that will improve y your life. Bend and stretch through a se and embrace elements of Tai Chi and Pil	ries of simple yoga moves		diovascular workout that will burn n, kick and jump through pre chore ning music.			9pm
PiYo	core-firr strength It's a tru	mbines the muscle ming benefits of P n and flexibility ben ne fat-burning, low	Pilates with the enefits of yoga. v-impact program	-	Virtual BodyPUMP™	A great full body workout set to great m and high repetition's to burn calories and tone.	d help increase muscle		es around the core, cx worx provion tronger body. As well as the stoma lower back.		Pl	,
Magna Vitae is a	_	et you incredibly d	defined. y Number 1160156	5.	Virtual Sh'Bam™	A fun loving insanely addictive dance we ence required. An insanely addictive gro fun, simple yet sassy dance moves, all se	up dance class, featuring				MAGNA VIT	ΓΑΕ

Sports Hall Programme

6th-12th May

Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card) Thursday Monday Tuesday Wednesday Our Gymnastics is for children ages 18mths-16yrs. 7am Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main 8am programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criteria! This has 9am been developed and modified from the Core Proficiency for a better all-round experience, which Set Up / Take-Down includes beams, bars, vaults & floor work. 10am MV Panthers is Magna Vitae's very own basketball group for juniors aged 8-17yrs. We aim to develop Over 45s a passion for basketball in juniors by teaching them 11am Session the fun sport itself and developing their skills whilst also teaching the importance of teamwork. 12pm **Gymnastics** A friendly adults badminton club, playing on Set Up / Take-Down (Pre-school) a Monday evening from 7.30pm to 9.30pm. **Social Walking** They play social mixed badminton and welcome 1pm all abilities. To contact us, either email us at: Netball louthbc2020@gmail.com or come and join in! Set Up / Take-Down Set Up / Take-Down 2pm Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card) Over 45s 3pm Session **Pickleball** Take-Dowr Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within 4pm WHEELCHAIR BASKETBALL LOUTH JAGUARS a safe environment. For our disabled players (the **MV Panthers** Set Up / Take-Down majority of the team) it gives invaluable support to (Under 12 squad) **8-11**yrs build upper body strength and assists with motor **MV Panthers** skills. It offers a chance to socialise and make (Under 14 squad) 12-13yrs friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, **MV Panthers** recognising their strengths and weaknesses and der 16 squad & Under 18 sq. **14-15**yrs **& 16-17**yrs helping to build self-confidence so that each Louth Netball Club person feels a valued member of the team. 7pm Wheelchair We welcome people of all ages and abilities. There are 4 sessions: 5:00-6:00pm; (Years 2-6): Louth Jaguars 8pm 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional information, please email: 9pm Don't forget, court hire is included in your membership... Book on the day. carolynblackburn0409@gmail.com

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.









Easy to play and simple to learn for people of all ages. It's the fastest growing sport in America! Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment will be provided.

MV Concession

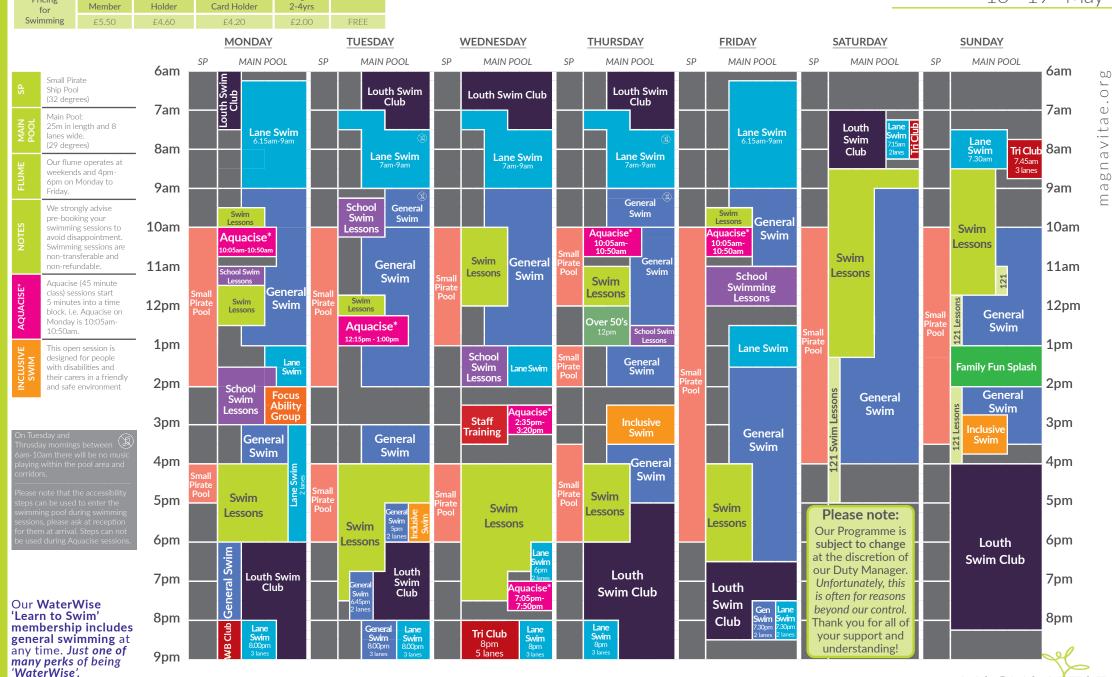
Under 2's

MV Card

Pricing

Main Pool & Leisure Pool Programme

13th-19th May



MV Concession

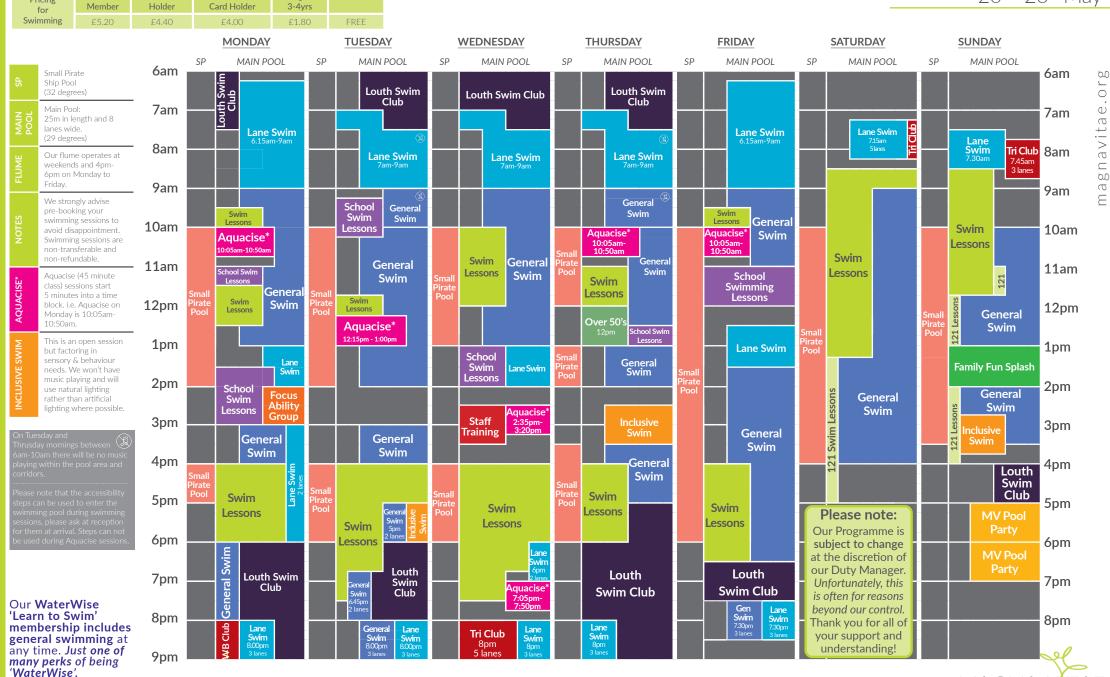
Under 2's

MV Card

Pricing

Main Pool & Leisure Pool Programme

20th -26th May



Wellness Studio Programme 13th -26th May

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	KEY	6am								6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	7am 8am	Wellness Hour				Wellness Hour			7am 8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress	9am		Wellness Hour	D.L.					9am
STRETCH & RELAX	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.	10am	Pilates		Balance & Mobility Pilates			N/- II II	Wellness Hour	10am
		11am	1		Pilates		Pilates	Wellness Hour		11am
BALANCE & MOBILITY PILATES	Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and	12pm		Yoga			Pilates			12pm
	stretching to promote overall well-being. Wellness Hour is a quite session for users	1pm			Stretch & Relax					1pm
WELLNESS HOUR	and members to use for stretching, light aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.	2pm								2pm
		3pm								3pm
		4pm								4pm
		5pm				Yoga				5pm
		6pm			Pilates	1.582				6pm
		7pm		Yoga	·	Wellness Hour				7pm
		8pm		Pilates	Wellness Hour		Wellness Hour			8pm
		9pm								9pm

Fitness Suite & Cycle Studio Programme 13th-26th May

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitrual Classes	£3.60	£3.00	£2.65	FREE

	KEY		MONDAY	TUESDAY	WEDNESDAY	THURS	DAY	FRIDAY	SATURDAY	SUNDAY		b.	
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how	6am j		RPM							6am 7am		
Vi Begini	it works.		BEGINNER CYCLE	SPRINT	RPM	RPN	1	RPM			0	;; ;; ;	
	A group indoor cycling work- out where you control the	- 8ami	RPM		SPRINT	RPN	М	SPRINT			8am	π ⊆ b	
Virtual RPM™	intensity. It's fun, low impact and you can burn up to 675	9am		SPRINT				CVCLE			9am	α π Ξ	
E	calories a session. A 30-minute High-Intensity	- 10am	CVCLE	CVCLE				CYCLE	CYCLE		10am	_	
Virtual SPRINT"	Interval Training (HIIT) work- out, using an indoor bike to achieve fast results	11am	CYCLE	CYCLE		RPI	M	RPM	CTCLE		11am		
	Cycle is high-intensity exercise on a stationary bike. It	-				KPI	1 1	SPRINT			12pm	ı	
Cycle	combines cardio and endur- ance in a calorie-crunching	12pm		RPM		RPI	М	SPRINT	SPRINT				
	session! Taking place on the gym	_ 1pm							RPM	SPRINT	1pm		
SYNRGY*	floor these classes are a great way to improve your strength and fitness whilst preparing your body for everyday tasks.	2pm							RPM	BEGINNER RPM	2pm		
S		3pm	SPRINT					RPM	SPRINT		3pm		
Tums*	Legs, bums and tums is a full body aerobic workout that	4nm	4pm	SPRINT	RPM	RPM	RPI	М	SPRINT	SPRINI	RPM	4pm	
Bums and ⁻	aims to tone up those flabby areas of your thighs, bum and stomach, great for those	·	RPM	SPRINT	SPRINT	SPRI	NT	RPM	RPM	SPRINT	5pm		
şs, Bum	who want to lose weight or even for those who simply want to improve their fitness	5pm	RPM	RPM	RPM	SPRI	NT	SPRINT	RPM	RPM			
Legs,	levels. An exercise concept based	6pm	CYCLE	SPRINT	RPM	RPM s	SYNRGY*	BEGINNER RPM		SPRINT	6pm		
	on the training methods used by boxers. Sessions	7pm		RPM	CYCLE		TIMO	SPRINT			7pm		
Fight to Fitness*	typically involve hitting focus pads and no class involves hitting	8pm	RPM -	KPIVI		RPM	LBT*	RPM			8pm		
ght to F	an opponent. It is a fun, challenging and safe	9nm	RPM	SPRINT	RPM						9pm		
芷	workout - which is great for stress busting! Accessible to	7 2111	* - This session takes place in t	the functional area of the gym	l.								



stress busting! Accessible to all abilities and fitness levels.

(Ages 16+)

Dance Studio Programme

13th-26th May

TRUST FOR LEISURE & CULTURE

magnavitae.org

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitrual Classes	£3.60	£3.00	£2.65	FREE

Sh'Bam™

Magna Vitae is a Registered Charity. Charity Number 1160156.

A Partner to East Lindsey District Council.

BODY CON- DITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES	muscle shaping away from the gym. A class combining stretching and strength work to improve posture and mobility on the musclesaround the spine.	- 6am								6am 7am
MATURE MOVERS	A 45 minute class designed for those who want a lower impact exercise session using a variety of toning and mobility exercises some of which will be chair based.	8am	Les Mills BodyPUMP Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Les Mills		8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am 10am	Body Conditioning	Pilates	Zumba	Fitness Pilates	Zumba	BodyBALANCE Latin Fit	Les Mills BodyPUMP	9am 10am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.	- 11am	Pilates	PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT		11am
LATIN FIT	Join Kelly on Saturday momings and dance your way into fitness with this fun, aerobic style workout!	12pm	Mature Movers Pilates	Balance & Mobility	Whole Body Exercise	Body Conditioning	Les Mills BodyPUMP	Les Mills BodyPUMP	Les Mills CORE	12pm
ZUMBA	Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.	1pm 2pm			Yoga Les Mills BodyPUMP	Cardiac Rehab		Les Mills Sh'Bam		1pm 2pm
WHOLE BODY EXERCISE	Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence move-	3pm		Les Mills BodyCOMBAT	Private Hire	Curaine Noriae	Les Mills BodyCOMBAT		Les Mills BodyPUMP	3pm
LOW IMPACT	ment dynamics; suitable for all ages, male and female; work at your own pace; fun. A great class based around traditional aerobics music with great music with the choreography	4pm - 5pm	Les Mills Sh'Bam	Les Mills CORE	Les Mills BodyPUMP		Deitroto History		Les Mills BodyBALANCE	4pm 5pm
AEROBICS CLUB	designed to be slightly slower tempo than aerobics. Aerobic dance exercise to old skool tunes in a	_ 6pm	Fitness Pilates Yoga	- Zumba	BodyCOMBAT	Les Mills BodyPUMP	Private Hire Latin Fit		Private Hire	6pm
FIT	darkened room with disco lights. RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!	- 7pm	Yoga	Les Mills BodyPUMP	CLUBFIT PiYo	Body Conditioning Les Mills BodyCOMBAT	Les Mills Sh'Bam			7pm 8pm
BALANCE & MOBILITY	Immerse yourself in a dynamic circuit-style class tailored to enhance your balance, mobility, posture, and stability. Experience the benefits of light exercise and stretching as you progress towards improved overall functionality.	9pm	Virtual your lit	Les Mills CORE ga-based class that will improve ye fe. Bend and stretch through a seri	ies of simple yoga moves	VILUAL	diovascular workout that will burn n, kick and jump through pre chore ning music.			9pm
PiYo	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program that'll get you incredibly defined.	•	BodyPUMP™ and his tone.	t full body workout set to great mugh repetition's to burn calories and	help increase muscle		les around the core, cx worx provi tronger body. As well as the stoma lower back.	ach, expect to	NAACNIA WIT	>

ence required. An insanely addictive group dance class, featuring

fun, simple yet sassy dance moves, all set to a party playlist.

Sports Hall Programme

13th - 19thMay

Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card) Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work. MV Panthers is Magna Vitae's very own basketball group for juniors aged 8-17yrs. We aim to develop a passion for basketball in juniors by teaching them the fun sport itself and developing their skills whilst also teaching the importance of teamwork. A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm. They play social mixed badminton and welcome all abilities. To contact us, either email us at: louthbc2020@gmail.com or come and join in! Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card) Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (the majority of the team) it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and helping to build self-confidence so that each person feels a valued member of the team. We welcome people of all ages and abilities. There are 4 sessions: 5:00-6:00pm; (Years 2-6): 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.

5.	7am	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	- 7
ıt '									7am
	3am			Set Up /				Set Up / Take-Down	8am
	9am			Take-Down					
h		California							9am
10	Dam	Set Up	Set Up / Take-Down			Set Up / Take-Down		Football Fun Factory	10am
1 D 1	1 0 00	Bouncy Castle	Over 45s			Home Education	MV	,,	
n 1.	1am	& Soft	Session	100		Set Up / Take-Down	Gymnastics (Rise)	Set Up / Take-Down	11am
— 12	2pm	Play	Set Up / Take-Down	MV Gymnastics					12pm
			Social Walking	(Pre-school)					'
	lpm		Netball						1pm
— <i>;</i>	2pm	Dementia	Set Up / Take-Down	Down	Set Up / Take-Down	Set Up / Take-Down			2pm
		Friendly Sports Day			Over 45s Session				Zpiii
_	3pm		Pickleball	Set Up / Take-Down			MV Gymnastics		3pm
4	1pm						(Pre-school)		1nm
)				MV Panthers (Under 12 squad) 8-11 yrs	Set Up / Take-Down				4pm
	pm			MV Panthers			Set Up / Take-Down		5pm
k.	5pm			(Under 14 squad) 12-13 yrs		MV			
,		Back to Netball		MV Panthers (Under 16 squad & Under 18 squad)		Gymnastics			6pm
7	7pm	Set Up / Take-Down		14-15yrs & 16-17yrs Wheelchair	Louth Netball Club	(Rise)			7pm
— ,	3pm			Wheelchair Basketball Louth Jaguars					
(וווקכ	Louth Badminton Club							8pm
9	pm [nire is included in v	our membership <i>B</i>	ook on the day.				







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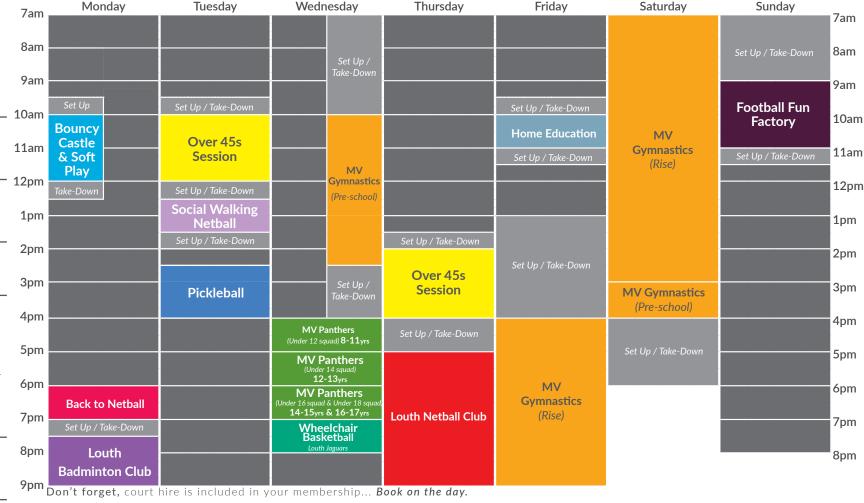
information, please email: carolynblackburn0409@gmail.com

Sports Hall Programme

20th-26thMay

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WHEELCHAIR BASKETBALL LOUTH JAGUARS	Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (the majority of the team) it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and helping to build self-confidence so that each person feels a valued member of the team. We welcome people of all ages and abilities.
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