

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

3rd June - 7th July

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.50	£4.60	£4.20	£2.00	FREE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL
6am														
7am		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club						
8am		Lane Swim 6.15am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 6.15am-9am		Louth Swim Club	Lane Swim 7.15am 3lanes	Tri Club
9am														
10am		Swim Lessons		School Swim Lessons		General Swim		General Swim		Swim Lessons		General Swim		
11am		Aquacise* 10:05am-10:50am		General Swim		Swim Lessons		General Swim		Aquacise* 10:05am-10:50am		Swim Lessons		
12pm		Small Pirate Pool		Swim Lessons		General Swim		Swim Lessons		School Swimming Lessons		General Swim		
1pm				Aquacise* 12:15pm - 1:00pm				Over 50's 12pm				General Swim		
2pm		School Swim Lessons		School Swim Lessons		School Swim Lessons		School Swim Lessons				General Swim		
3pm		Focus Ability Group				Staff Training		Aquacise* 2:35pm-3:20pm		Inclusive Swim		General Swim		
4pm		General Swim		General Swim				General Swim				General Swim		
5pm		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		
6pm														
7pm		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		
8pm		Lane Swim 8.00pm 3lanes		General Swim 8.00pm 3lanes		Lane Swim 8.00pm 3lanes		Aquacise* 7:05pm-7:50pm		Lane Swim 7.30pm 2lanes		Gen Swim 7.30pm 2lanes		
9pm		WB Club				Tri Club 8pm 5lanes		Lane Swim 8pm 3lanes						

SP Small Pirate Ship Pool (32 degrees)

MAIN POOL Main Pool: 25m in length and 8 lanes wide. (29 degrees)

FLUME Our flume operates at weekends and 4pm-6pm on Monday to Friday.

NOTES We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.

AQUACISE* Aquacise (45 minute class) sessions start 5 minutes into a time block. i.e. Aquacise on Monday is 10:05am-10:50am.

INCLUSIVE SWIM This is an open session but factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting rather than artificial lighting where possible.

On Tuesday and Thursday mornings between 6am-10am there will be no music playing within the pool area and corridors.

Please note that the accessibility steps can be used to enter the swimming pool during swimming sessions, please ask at reception for them at arrival. Steps can not be used during Aquacise sessions.

Our WaterWise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'.

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!

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Meridian Leisure Centre

Wellness Studio Programme

3rd June - 7th July

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

PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress
STRETCH & RELAX	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
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 stretching to promote overall well-being.
WELLNESS HOUR	Wellness Hour is a quiet session for users 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.

6am							6am
7am	Wellness Hour				Wellness Hour		7am
8am		Wellness Hour					8am
9am							9am
10am	Pilates		Balance & Mobility Pilates				10am
11am			Pilates		Pilates	Wellness Hour	11am
12pm		Yoga			Pilates		12pm
1pm			Stretch & Relax				1pm
2pm							2pm
3pm							3pm
4pm							4pm
5pm				Yoga			5pm
6pm		Yoga	Pilates	Wellness Hour			6pm
7pm		Pilates	Wellness Hour		Wellness Hour		7pm
8pm							8pm
9pm							9pm

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Meridian Leisure Centre

Fitness Suite & Cycle Studio Programme

3rd June - 7th July

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
Virtual Beginner RPM		RPM					
7am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM	
8am	RPM		SPRINT	RPM	SPRINT		
Virtual RPM™		SPRINT			CYCLE	SPRINT	
9am							
Virtual SPINT™	CYCLE	CYCLE			RPM	CYCLE	
10am							
11am				RPM	SPRINT		
12pm		RPM		RPM	SPRINT	SPRINT	
1pm						RPM	SPRINT
2pm					RPM	RPM	BEGINNER RPM
3pm	SPRINT		RPM			SPRINT	RPM
4pm	RPM	SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT
5pm	RPM	RPM	RPM	SPRINT	SPRINT	RPM	RPM
6pm	CYCLE	SPRINT	RPM	RPM	BEGINNER RPM		SPRINT
7pm		RPM	CYCLE	RPM	SPRINT		
8pm	RPM			RPM	LBT		
9pm	RPM	SPRINT	RPM				

* - This session takes place in the functional area of the gym.

New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how it works.

A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session.

A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results..

Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!

Taking place on the gym floor these classes are a great way to improve your strength and fitness whilst preparing your body for everyday tasks.

An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads and no class involves hitting an opponent. It is a fun, challenging and safe workout - which is great for stress busting! Accessible to all abilities and fitness levels. (Ages 16+)

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Meridian Leisure Centre

Dance Studio Programme

3rd June - 7th July

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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

		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
BODY CON-DITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.							
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.							
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.							
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.							
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.							
LATIN FIT	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!							
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.							
WHOLE BODY EXERCISE	Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence movement dynamics; suitable for all ages, male and female; work at your own pace; fun.							
LOW IMPACT AEROBICS	A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.							
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.							
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!							
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.							
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.							
		6am						6am
		7am						7am
		8am	Les Mills BodyPUMP					8am
		9am	Les Mills CORE	Les Mills BodyBALANCE	Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE	9am
		10am	Body Conditioning	Pilates	Zumba	Fitness Pilates	Zumba	Latin Fit
		11am	Pilates	PIYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT
		12pm	Mature Movers	Balance & Mobility	Whole Body Exercise	Body Conditioning	Les Mills BodyPUMP	Les Mills Sh'Bam
		1pm	Pilates		Yoga			Les Mills CORE
		2pm			Les Mills BodyPUMP		Les Mills Sh'Bam	
		3pm			Private Hire			
		4pm	Les Mills Sh'Bam		Les Mills BodyPUMP			Les Mills BodyPUMP
		5pm	Fitness Pilates		Les Mills BodyCOMBAT			Les Mills BodyBALANCE
		6pm	Yoga	Zumba		Les Mills BodyPUMP	Private Hire	Private Hire
		7pm	Yoga		CLUBFIT	Body Conditioning	Latin Fit	
		8pm		Les Mills BodyPUMP	PIYo	Les Mills BodyCOMBAT	Les Mills Sh'Bam	
		9pm	Les Mills BodyCOMBAT	Les Mills CORE	Les Mills BodyPUMP (45mins)			
			Virtual BodyBALANCE™	The yoga-based class that will improve your mind, your body and your life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.		Virtual BodyCOMBAT™	A fast paced cardiovascular workout that will burn the calories while you punch, kick and jump through pre choreographed tracks with booming music.	
			Virtual BodyPUMP™	A great full body workout set to great music using light weights and high repetition's to burn calories and help increase muscle tone.		Virtual CORE™	Exercising muscles around the core, cx worx provides vital ingredient to a stronger body. As well as the stomach, expect to work hip, butt & lower back.	
			Virtual Sh'Bam™	A fun loving insanely addictive dance workout. No dance experience required. An insanely addictive group dance class, featuring fun, simple yet sassy dance moves, all set to a party playlist.				

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.

OVER 45s	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)
MV GYMNASTICS	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	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.
LOUTH BADMINTON CLUB	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	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)
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.
LOUTH NETBALL CLUB	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
PICKLE-BALL	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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am							Set Up / Take-Down
9am			Set Up / Take-Down				
10am					Set Up / Take-Down	MV Gymnastics (Rise)	Football Fun Factory
11am				Home Education			Set Up / Take-Down
12pm							
1pm							
2pm				Set Up / Take-Down			
3pm				Over 45s Session	Set Up / Take-Down	MV Gymnastics (Pre-school)	
4pm	Set Up / Take-Down	NHS Blood Donations		Set Up / Take-Down			
5pm	One You Lincolnshire		MV Panthers (Under 12 squad) 8-11yrs	Set Up / Take-Down		Set Up / Take-Down	
6pm	Set Up / Take-Down		MV Panthers (Under 14 squad) 12-13yrs		Louth Netball Club		
7pm	Back to Netball		MV Panthers (Under 16 squad & Under 18 squad) 14-15yrs & 16-17yrs			MV Gymnastics (Rise)	
8pm	Set Up / Take-Down	Wheelchair Basketball Louth Jaguars					
9pm	Louth Badminton Club						

Don't forget, court hire is included in your membership... **Book on the day.**



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	7am	7am	7am	7am	7am	7am	7am
	8am						8am
	9am						9am
	10am						10am
	11am						11am
	12pm						12pm
	1pm						1pm
	2pm						2pm
	3pm						3pm
	4pm						4pm
	5pm						5pm
	6pm						6pm
	7pm						7pm
	8pm						8pm
	9pm						9pm

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9am														Tri Club 7.45am 3lanes
10am		Swim Lessons		School Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons
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6pm				Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons
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9pm		WB Club		Lane Swim 8.00pm 3lanes		Tri Club 8pm 5lanes		Lane Swim 8pm 3lanes		Lane Swim 8pm 3lanes		Lane Swim 8pm 3lanes		Lane Swim 8pm 3lanes

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11am			Pilates		Pilates	Wellness Hour	11am
12pm		Yoga			Pilates		12pm
1pm			Stretch & Relax				1pm
2pm							2pm
3pm							3pm
4pm							4pm
5pm							5pm
6pm		Yoga	Pilates	Yoga			6pm
7pm				Wellness Hour			7pm
8pm		Pilates	Wellness Hour		Wellness Hour		8pm
9pm							9pm

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Fitness Suite & Cycle Studio Programme

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8am	RPM		SPRINT	RPM	SPRINT		
Virtual RPM™		SPRINT			CYCLE	SPRINT	
9am							
Virtual SPINT™	CYCLE	CYCLE			RPM	CYCLE	
10am							
11am				RPM	SPRINT		
12pm		RPM		RPM	SPRINT	SPRINT	
1pm						RPM	SPRINT
2pm					RPM	RPM	BEGINNER RPM
3pm	SPRINT		RPM			SPRINT	RPM
4pm	RPM	SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT
5pm	RPM	RPM	RPM	SPRINT	SPRINT	RPM	RPM
6pm	CYCLE	SPRINT	RPM	RPM	BEGINNER RPM		SPRINT
7pm		RPM	CYCLE	RPM	SPRINT		
8pm	RPM		RPM		RPM		
9pm	RPM	SPRINT					

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 it works.

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Virtual SPINT™
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Cycle
Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!

SYNRGY*
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Fight to Fitness*
An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads and no class involves hitting an opponent. It is a fun, challenging and safe workout - which is great for stress busting! Accessible to all abilities and fitness levels. (Ages 16+)

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OVER 45s
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)

MV GYMNASTICS
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
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.

LOUTH BADMINTON CLUB
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
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)

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.

LOUTH NETBALL CLUB
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

PICKLE-BALL
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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am			Set Up / Take-Down				Set Up / Take-Down
9am							
10am		Set Up / Take-Down			Set Up / Take-Down	MV Gymnastics (Rise)	Football Fun Factory
11am		Over 45s Session			Home Education		
12pm		Set Up / Take-Down			Set Up / Take-Down		
1pm		Social Walking Netball					
2pm		Set Up / Take-Down		Set Up / Take-Down	Set Up / Take-Down		
3pm		Pickleball		Over 45s Session		MV Gymnastics (Pre-school)	
4pm				Set Up / Take-Down			
5pm			MV Panthers (Under 12 squad) 8-11yrs			Set Up / Take-Down	
6pm	Set Up / Take-Down		MV Panthers (Under 14 squad) 12-13yrs	Louth Netball Club	MV Gymnastics (Rise)		
7pm	Back to Netball		MV Panthers (Under 16 squad & Under 18 squad) 14-15yrs & 16-17yrs				
8pm	Set Up / Take-Down		Wheelchair Basketball Louth Jaguars				
9pm	Louth Badminton Club						

Don't forget, court hire is included in your membership... **Book on the day.**

