

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

4th-10th March

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
	£5.20	£4.40	£4.00	£1.80	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	SP															6am
7am	MAIN POOL															7am
8am	FLUME															8am
9am	NOTES															9am
10am																10am
11am	AQUACISE*															11am
12pm																12pm
1pm	INCLUSIVE SWIM															1pm
2pm																2pm
3pm																3pm
4pm																4pm
5pm																5pm
6pm																6pm
7pm																7pm
8pm																8pm
9pm																9pm

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

11th-17th March

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
	£5.20	£4.40	£4.00	£1.80	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	SP															6am
7am	MAIN POOL															7am
8am	FLUME															8am
9am	NOTES															9am
10am																10am
11am	AQUACISE*															11am
12pm																12pm
1pm	INCLUSIVE SWIM															1pm
2pm																2pm
3pm																3pm
4pm																4pm
5pm																5pm
6pm																6pm
7pm																7pm
8pm																8pm
9pm																9pm

Small Pirate Ship Pool (32 degrees)

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

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

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

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

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 a member!

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

Main Pool & Leisure Pool Programme

18th-24th March

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
	£5.20	£4.40	£4.00	£1.80	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	SP															6am	
7am	MAIN POOL				Louth Swim Club		Louth Swim Club		Louth Swim Club							7am	
8am	FLUME		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 2lanes	Tri Club 7.15am 2lanes	Lane Swim 7.30am	8am
9am	NOTES																9am
10am			Swim Lessons		General Swim				General Swim		Swim Lessons						10am
11am	AQUACISE*		Aquacise* 10:05am-10:50am		School Swim Lessons		Swim Lessons		Aquacise* 10:05am-10:50am		Aquacise* 10:05am-10:50am		Swim Lessons			Swim Lessons	11am
12pm		Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool		Small Pirate Pool	Swim Lessons		School Swimming Lessons						12pm
1pm	INCLUSIVE SWIM		General Swim		Aquacise* 12:15pm - 1:00pm				General Swim		Over 50's 12pm		Small Pirate Pool			General Swim	1pm
2pm			School Swim Lessons		School Swim Lessons		School Swim Lessons		School Swim Lessons		School Swim Lessons					Family Fun Splash	2pm
3pm			Focus Ability Group				Staff Training		Inclusive Swim							General Swim	3pm
4pm			General Swim		General Swim				General Swim								4pm
5pm		Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons		Swim Lessons						5pm
6pm			Lane Swim 2 lanes		General Swim 5pm 2 lanes				General Swim								6pm
7pm			General Swim		Louth Swim Club				Louth Swim Club							Louth Swim Club	7pm
8pm			Lane Swim 8.00pm 3 lanes		General Swim 8.00pm 3 lanes		Tri Club 8pm 5 lanes		Lane Swim 8pm 3 lanes								8pm
9pm																	9pm

Small Pirate Ship Pool (32 degrees)

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

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

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

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

4th-24th March

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE
Yoga/Pilates	£8.60	£7.20	£6.50	FREE

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.

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
6am							
7am	Wellness Hour				Wellness Hour		
8am		Wellness Hour					
9am							
10am			Balance & Mobility Pilates				Wellness Hour
11am	Pilates		Pilates		Pilates	Wellness Hour	
12pm		Yoga			Pilates		
1pm			Stretch & Relax				
2pm							
3pm							
4pm							
5pm							
6pm				Yoga			
7pm		Yoga	Pilates	Wellness Hour			
8pm		Pilates	Wellness Hour		Wellness Hour		
9pm							

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4th-24th March

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Meridian Leisure Centre

Dance Studio Programme

4th-24th March

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Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE
Yoga/Pilates	£8.60	£7.20	£6.50	FREE
Vitruat Classes	£3.50	£2.90	£2.60	FREE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BODY-CONDITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.								6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.								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.	Les Mills BodyPUMP							8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		9am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.	Body Conditioning	Pilates	Zumba	Fitness Pilates	Zumba	Latin Fit	Les Mills BodyPUMP	10am
LATIN FIT	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!	Pilates	PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE	11am
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.	Mature Movers	Balance & Mobility	Whole Body Exercise	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam	12pm
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.	Pilates		Yoga	Cardiac Rehab	Les Mills BodyPUMP		Les Mills CORE	1pm
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.			Les Mills BodyPUMP			Les Mills Sh'Bam		2pm
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.			Private Hire		Les Mills BodyCOMBAT			3pm
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!	Les Mills Sh'Bam	Les Mills BodyCOMBAT	Les Mills BodyPUMP				Les Mills BodyPUMP	4pm
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.	Les Mills CORE		Les Mills BodyCOMBAT		Private Hire		Les Mills BodyBALANCE	5pm
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.	Fitness Pilates		Les Mills BodyPUMP	Les Mills BodyPUMP			Private Hire	6pm
		Yoga	Zumba	CLUBFIT	Body Conditioning	Latin Fit			7pm
		Yoga	Les Mills BodyPUMP	PiYo	Les Mills BodyCOMBAT	Les Mills Sh'Bam			8pm
		Les Mills BodyCOMBAT	Les Mills CORE	Les Mills BodyPUMP (45mins)					9pm
		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.						

From 4th March

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.

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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.								

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

25th-31st March

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	£5.20	£4.40	£4.00	£1.80	FREE

		MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	GOOD FRIDAY 29 th	SATURDAY 30 th	EASTER SUNDAY 31 st	
		SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL
6am	SP								6am
7am	MAIN POOL	Louth Swim Club			Louth Swim Club				7am
8am	FLUME		Lane Swim 6.15am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		8am
9am	NOTES								9am
10am									10am
11am									11am
12pm	AQUACISE*								12pm
1pm									1pm
2pm	INCLUSIVE SWIM								2pm
3pm									3pm
4pm									4pm
5pm									5pm
6pm									6pm
7pm									7pm
8pm									8pm
9pm									9pm

Small Pirate Ship Pool (32 degrees)

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Meridian Leisure Centre

Wellness Studio Programme

25th-31st March

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE
Yoga/Pilates	£8.60	£7.20	£6.50	FREE

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.

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
6am							
7am	Wellness Hour				Wellness Hour		
8am		Wellness Hour					
9am							
10am			Balance & Mobility Pilates				Wellness Hour
11am	Pilates		Pilates			Wellness Hour	
12pm		Yoga					
1pm			Stretch & Relax				
2pm							
3pm							
4pm							
5pm							
6pm				Yoga			
7pm		Yoga	Pilates	Wellness Hour			
8pm		Pilates	Wellness Hour				
9pm							

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Meridian Leisure Centre

Fitness Suite & Cycle Studio Programme

25th-31st March

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE
Yoga/Pilates	£8.60	£7.20	£6.50	FREE
Vitruual Classes	£3.50	£2.90	£2.60	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 it works.	6am						
		7am	RPM					
Virtual RPM™	A group indoor cycling work-out where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session.	8am		RPM	RPM	RPM		
		9am	SPRINT					
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) work-out, using an indoor bike to achieve fast results..	10am		SPRINT	RPM	SPRINT		
		11am	RPM					
Cycle	Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	12pm			RPM	CYCLE		
		1pm	SPRINT					
SYNRGY*	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.	2pm			RPM	SPRINT	SPRINT	
		3pm	RPM					
Legs, Bums and Tums*	Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.	4pm		RPM	RPM	RPM	RPM	
		5pm	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	
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+)	6pm		RPM	RPM			
		7pm	RPM					
		8pm	SPRINT	CYCLE	RPM	LBT*		
		9pm		RPM				

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

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Meridian Leisure Centre

Dance Studio Programme

25th-31st March

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Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE
Yoga/Pilates	£8.60	£7.20	£6.50	FREE
Vitruat Classes	£3.50	£2.90	£2.60	FREE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BODY-CONDITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.								6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.								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.	Les Mills BodyPUMP							8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		9am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.	Body Conditioning	Pilates	Zumba	Fitness Pilates		Latin Fit	Les Mills BodyPUMP	10am
LATIN FIT	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!	Pilates	PiYo	Body Conditioning	Low Impact Aerobics		Les Mills BodyCOMBAT	Les Mills BodyBALANCE	11am
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.	Mature Movers	Balance & Mobility	Whole Body Exercise	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam	12pm
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.	Pilates		Yoga	Cardiac Rehab	Les Mills BodyPUMP		Les Mills CORE	1pm
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.			Les Mills BodyPUMP			Les Mills Sh'Bam		2pm
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.			Private Hire		Les Mills BodyCOMBAT			3pm
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!	Les Mills Sh'Bam	Les Mills CORE	Les Mills BodyPUMP				Les Mills BodyPUMP	4pm
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.	Fitness Pilates		Les Mills BodyCOMBAT				Les Mills BodyBALANCE	5pm
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.	Yoga	Zumba	CLUBFIT	Body Conditioning			Private Hire	6pm
		Yoga	Les Mills BodyPUMP	PiYo	Les Mills BodyCOMBAT				7pm
		Les Mills BodyCOMBAT	Les Mills CORE	Les Mills BodyPUMP (45mins)					8pm
									9pm
		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.						

25th-31st March

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OVER 45's

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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

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

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Meridian Leisure Centre

Main Pool & Leisure Pool Programme

1st - 7th April

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
	£5.50	£4.60	£4.20	£2.00	FREE

		EASTER MONDAY 1 st		TUESDAY 2 nd		WEDNESDAY 3 rd		THURSDAY 4 th		FRIDAY 5 th		SATURDAY 6 th		SUNDAY 7 th			
		SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL		
SP	Small Pirate Ship Pool (32 degrees)				Louth Swim Club		Louth Swim Club		Louth Swim Club								6am
MAIN POOL	Main Pool: 25m in length and 8 lanes wide. (29 degrees)		Lane Swim 7am-9am								Lane Swim 6.15am-9am						7am
FLUME	Our flume operates at weekends and 4pm-6pm on Monday to Friday.				Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am				Lane Swim 7.15am 4lanes Tri Club 7.15am 2lanes		Lane Swim 7.30am		8am
NOTES	We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.		Louth Swim Club								Swim Lessons	Family Fun Splash					9am
AQUACISE*	Aquacise (45 minute class) sessions start 5 minutes into a time block. i.e. Aquacise on Monday is 10:05am-10:50am.				Water Wizards	Toddler Hour	MV Pool Party				Aquacise* 10:05am-10:50am						10am
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.		Swim Lessons		General Swim		Swim Lessons		Aquacise* 10:05am-10:50am Swim Lessons		General Swim		Swim Lessons		Swim Lessons		11am
		Small Pirate Pool			Swim Lessons Aquacise* 12:15pm - 1:00pm				Small Pirate Pool		General Swim				General Swim		12pm
			General Swim		Family Fun Splash	Small Pirate Pool	General Swim		General Swim		MV Pool Party		Small Pirate Pool		Family Fun Splash		1pm
																	2pm
			MV Pool Party														3pm
					General Swim												4pm
																	5pm
																	6pm
																	7pm
																	8pm
																	9pm

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

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

1st - 7th April

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

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.

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
6am							
7am	Wellness Hour				Wellness Hour		
8am		Wellness Hour					
9am							
10am			Balance & Mobility Pilates				Wellness Hour
11am			Pilates		Pilates	Wellness Hour	
12pm		Yoga			Pilates		
1pm			Stretch & Relax				
2pm							
3pm							
4pm							
5pm							
6pm				Yoga			
7pm		Yoga	Pilates	Wellness Hour			
8pm		Pilates	Wellness Hour		Wellness Hour		
9pm							

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Meridian Leisure Centre

Fitness Suite & Cycle Studio Programme

1st - 7th April

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
Vitruval 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 it works.	6am						
		7am	RPM					
Virtual RPM™	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.	8am		RPM				
		9am	SPRINT					
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results..	10am						
		11am						
Cycle	Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	12pm						
		1pm						
SYNRGY*	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.	2pm						
		3pm						
Legs, Bums and Tums*	Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.	4pm						
		5pm						
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+)	6pm						
		7pm						
		8pm						
		9pm						

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

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1st - 7th April

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


MAGNA VITAE
TRUST FOR LEISURE & CULTURE

1st - 7th April

OVER 45'S	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								7am
8am							Set Up / Take-Down	8am
9am								9am
10am		Set Up / Take-Down					Football Fun Factory	10am
11am		Over 45s Session					Set Up / Take-Down	11am
12pm	Open Family Badminton	Set Up / Take-Down						12pm
1pm		Social Walking Netball					Set Up / Take-Down	1pm
2pm		Set Up / Take-Down					Louth Cricket Club	2pm
3pm		Pickleball					Set Up / Take-Down	3pm
4pm								4pm
5pm		Gloji	MV Panthers (Under 12 squad) 8-11yrs	Set Up / Take-Down			Set Up / Take-Down	5pm
6pm		Set Up / Take-Down	MV Panthers (Under 14 squad) 12-13yrs				Set Up / Take-Down	6pm
7pm		Jeff Cricket	MV Panthers (Under 16 squad & Under 18 squad) 14-15yrs & 16-17yrs	Louth Netball Club				7pm
8pm		Set Up / Take-Down					Holton Le Clay Cricket Club	8pm
9pm		Football						9pm

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

8th-14th April

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MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Meridian Leisure Centre

Wellness Studio Programme

8th-14th April

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

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am								6am
7am	Wellness Hour				Wellness Hour			7am
8am		Wellness Hour						8am
9am								9am
10am	Pilates		Balance & Mobility Pilates				Wellness Hour	10am
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					8pm
9pm								9pm

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Meridian Leisure Centre

Fitness Suite & Cycle Studio Programme

8th-14th April

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
Vitruval 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 it works.	6am						
		7am	RPM					
Virtual RPM™	A group indoor cycling work-out where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session.	8am		RPM	RPM	RPM		
		9am	SPRINT					
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) work-out, using an indoor bike to achieve fast results..	10am		SPRINT	RPM	SPRINT		
		11am	SPRINT					
Cycle	Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	12pm				CYCLE		
		1pm						
SYNRGY*	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.	2pm						
		3pm						
Legs, Bums and Tums*	Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.	4pm						
		5pm						
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+)	6pm						
		7pm						
		8pm						
		9pm						

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

Meridian Leisure Centre

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

Dance Studio Programme

8th-14th April

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BODY-CONDITIONING	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.	Les Mills BodyPUMP							
		Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	Body Conditioning	Pilates	Zumba	Fitness Pilates	Zumba	Latin Fit	Les Mills BodyPUMP	
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.	Pilates	PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE	
LATIN FIT	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!	Mature Movers	Balance & Mobility	Whole Body Exercise	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam	
		Pilates		Yoga	Cardiac Rehab	Les Mills BodyPUMP		Les Mills CORE	
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.			Les Mills BodyPUMP			Les Mills Sh'Bam		
				Private Hire		Les Mills BodyCOMBAT			
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.	Les Mills Sh'Bam	Les Mills CORE	Les Mills BodyPUMP				Les Mills BodyPUMP	
		Fitness Pilates		Les Mills BodyCOMBAT		Private Hire		Les Mills BodyBALANCE	
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.	Yoga	Zumba	CLUBFIT	Body Conditioning	Latin Fit			
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.	Yoga							
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!		Les Mills BodyPUMP	PiYo	Les Mills BodyCOMBAT	Les Mills Sh'Bam			
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.	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 45'S	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)								
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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7am									7am
8am				Set Up / Take-Down				Set Up / Take-Down	8am
9am									9am
10am									10am
11am		Over 45s Session					MV Gymnastics (Rise)	Football Fun Factory	11am
12pm		Set Up / Take-Down						Set Up / Take-Down	12pm
1pm		Social Walking Netball						Set Up / Take-Down	1pm
2pm		Set Up / Take-Down							2pm
3pm								Louth Cricket Club	3pm
4pm		Pickleball					MV Gymnastics (Pre-school)	Set Up / Take-Down	4pm
5pm									5pm
6pm									6pm
7pm		Jeff Cricket							7pm
8pm		Set Up / Take-Down							8pm
9pm		Football							9pm

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