### Meridian Leisure Centre

#### Main Pool & Leisure Pool Programme

**4th-10th March**

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**Our WaterWise ‘Learn to Swim’ membership includes general swimming at any time. Just one of many perks of being ‘WaterWise’!**

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**Notes:**
- 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!
- 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.
- 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.
- Aquacise (45 minute class) sessions start 5 minutes into a time block, i.e., Aquacise on Monday is 10:05am-10:50am.
- We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.
- 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.

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**Main Pool & Leisure Pool Programme – 4th-10th March**

- **SP**: Small Pirate Pool (32 degrees)
- **Main Pool**: 25m in length and 8 lanes wide (29 degrees)
- **Flume**: Our Flume operates at 32 degrees (8.5m long)
- **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.
- **Aquacise**: Aquacise (45 minute class) sessions start 5 minutes into a time block, i.e., Aquacise on Monday is 10:05am-10:50am.
- **Memberships**: 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!
## Meridian Leisure Centre

**Wellness Studio Programme**

4th - 24th March

### Exercise Classes

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<td>Yoga/Pilates</td>
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### Class Descriptions

- **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**: A quite 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.

### Key

- **MONDAY**
- **TUESDAY**
- **WEDNESDAY**
- **THURSDAY**
- **FRIDAY**
- **SATURDAY**
- **SUNDAY**

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

**Fitness Suite & Cycle Studio Programme**  
4th-24th March

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

### Exercise Classes

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<td>£2.90</td>
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### Exercise Classes Details

- **Virtual 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.

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

- **Cycle**
  - 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.

- **BEGINNER RPM**
  - 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.

- **BEGINNER CYCLE**
  - 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.

- **SPRINT™**
  - 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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* - This session takes place in the functional area of the gym.
**Exercise Classes**

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**Exercise Classes**

- **BODY CONDITIONING**
  - Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.

- **PIATES**
  - 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 & 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/dynamic 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, bone-paring 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.

**Schedule**

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**Virtual Classes**

- **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 the elements of Tai Chi and Pilates.

- **Virtual BodyPUMP™**
  - A great full body workout set to great music using light weights and high repetitions to burn calories and help increase muscle tone.

- **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.

**CLUBFIT**

- A fast paced cardiovascular workout that will burn the calories while you punch, kick and jump through pre choreographed tracks with booming music.

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

**Sports Hall Programme**

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

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**OVER 45’S**

- **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 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 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.

- **Pickleball**
  - 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.

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

Wellness Studio Programme
25th-31st March

Exercise Classes

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<tr>
<th></th>
<th>Non Member</th>
<th>MV Card Holder</th>
<th>MV Concession Card Holder</th>
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<tr>
<td>45mins - 1 hour</td>
<td>£6.95</td>
<td>£5.75</td>
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<td>Yoga/Pilates</td>
<td>£8.60</td>
<td>£7.20</td>
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**MONDAY**

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

**TUESDAY**

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

**WEDNESDAY**

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

**THURSDAY**

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

**FRIDAY**

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

**SATURDAY**

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

**SUNDAY**

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

**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 quite session for users and members to use for stretching, light aerobicics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.

Magna Vitae is a Registered Charity.
Charity Number 1160156.
A Partner to East Lindsey District Council.
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
Virtual Classes | £3.50 | £2.90 | £2.60 | FREE

**Exercise Classes**

**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.

**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.

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

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

**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.

**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.

**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+)

**KEY**
- Virtual: 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.
- BEGINNER CYCLE: 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.
- SPRINT™: A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
- CYCLE: Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!
- 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.
- 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.
- 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+)

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

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magnavitae.org
A class combining stretching and strength exercises. A great class for those looking for muscle shaping away from the gym.

A Partner to East Lindsey District Council.

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

### Sports Hall Programme

**25th-31st 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.

**MV Gymnastics (Rise)**

- **Over 45s Session**
- **MV Gymnastics (Pre-school)**

**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.

**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)

**Pickleball**

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.

**Louth Cricket Club**

Set Up / Take-Down

**Wheelchair Basketball**

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

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

Exercise
- **45mins - 1 hour**
- **£7.10**
- **£5.90**
- **£5.30**
- **FREE**

**MONDAY**
- 6am: Yoga/Pilates
- 7am: Wellness Hour
- 8am: Wellness Hour

**TUESDAY**
- 7am: Wellness Hour
- 8am: Wellness Hour
- 9am: Wellness Hour

**WEDNESDAY**
- 8am: Wellness Hour
- 9am: Balance & Mobility Pilates

**THURSDAY**
- 10am: Pilates
- 11am: Pilates
- 12pm: Yoga

**FRIDAY**
- 11am: Yoga
- 12pm: Stretch & Relax

**SATURDAY**
- 11am: Wellness Hour
- 12pm: Wellness Hour

**SUNDAY**
- 11am: Wellness Hour
- 12pm: Wellness Hour

**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.
- **WELLNESS HOUR**: Wellness Hour is a quite 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.

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

**Fitness Suite & Cycle Studio Programme**

1st-7th April

**Exercise Classes**

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**KEY**

- **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.
- **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.

**Cycle**

- **Cycle**: High-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!
- **Legs, Bums and Tums***: 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.
- **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+)

**Virtual SPRINT™**

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

**Schedule**

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**Exercise Classes**

- **Virtual RPM™**: A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
- **Cycle**: 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.

**Cost**

- **Non Member**: £7.10
- **MV Card Holder**: £5.90
- **MV Concession Card Holder**: £5.30
- **Membership**: FREE

**Yoga/Pilates**

- **Non Member**: £8.90
- **MV Card Holder**: £7.30
- **MV Concession Card Holder**: £6.60
- **Membership**: FREE

**Virtual Classes**

- **Non Member**: £3.60
- **MV Card Holder**: £3.00
- **MV Concession Card Holder**: £2.65
- **Membership**: FREE

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

<table>
<thead>
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<th>Time</th>
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### Dance Studio Programme

#### 1st - 7th April

- **Les Mills BodyPUMP**: A fast paced cardiovascular workout that will burn the calories while you punch, kick and jump through pre choreographed tracks with booming music.

- **Les Mills Sh'Bam**: Exercising muscles around the core, this workout provides vital ingredient to a stronger body. As well as the stomach, expect to work hip, butt & lower back.

**Meridian Leisure Centre**

- **Exercise Classes**
  - **Non Member**
  - **MV Concession Card Holder**
  - **MV Card Holder**

- **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.

- **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.

- **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 to old skool tunes in a darkened room with disco lights.

- **RIP**
  - RIIP 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.

**Magna Vitae is a Registered Charity. Charity Number 1160156.** A Partner to East Lindsey District Council.
# Meridian Leisure Centre

## Sports Hall Programme

**1st - 7th April**

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.

## Meridian Leisure Centre

### Over 45's
- **Monday**
  - 7am: Open Family Badminton
  - 8am: Social Walking Netball
  - 9am: Holiday Activity and Food Programme
  - 10am: Set Up / Take-Down
  - 11am: MV Gymnastics (Rise)
  - 12pm: MV Gymnastics (Pre-school)
  - 1pm: MV Panthers (Under 12 squad)
  - 2pm: MV Panthers (Under 16 squad & Under 18 squad)
  - 3pm: MV Panthers (Under 14 squad)
  - 4pm: MV Panthers (Rise)
  - 5pm: MV Panthers (Under 12 squad)
  - 6pm: MV Panthers (Under 16 squad & Under 18 squad)
  - 7pm: Football
  - 8pm: Louth Netball Club
  - 9pm: Set Up / Take-Down

- **Tuesday**
  - 7am: Open Family Badminton
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  - 7pm: Football
  - 8pm: Louth Netball Club
  - 9pm: Set Up / Take-Down

- **Thursday**
  - 7am: Open Family Badminton
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  - 7pm: Football
  - 8pm: Louth Netball Club
  - 9pm: Set Up / Take-Down

- **Saturday**
  - 7am: Open Family Badminton
  - 8am: Social Walking Netball
  - 9am: Holiday Activity and Food Programme
  - 10am: MV Gymnastics (Rise)
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  - 7pm: Football
  - 8pm: Louth Netball Club
  - 9pm: Set Up / Take-Down

- **Sunday**
  - 7am: Open Family Badminton
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  - 7pm: Football
  - 8pm: Louth Netball Club
  - 9pm: Set Up / Take-Down

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### 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
- 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
- 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 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.

### 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).

### Pickleball
- 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.

### Football
- Football

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**A Partner to East Lindsey District Council.**
# Meridian Leisure Centre

## Wellness Studio Programme

**8th - 14th April**

### 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 quite 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.

### Schedule

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**Meridian Leisure Centre**

**Fitness Suite & Cycle Studio Programme**

8th - 14th April

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

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### Key

- **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.

- **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.

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

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

- **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.

- **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.

- **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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### Exercise Classes

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### Exercise Class Timings & Prices

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### Yoga/Pilates

- **£8.90**
- **£7.30**
- **£6.60**
- **FREE**

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### Virtual Classes

- **£3.60**
- **£3.00**
- **£2.65**
- **FREE**

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**Magna Vitae** TRUST FOR LEISURE & CULTURE
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**Exercise Classes**

- **45mins - 1 hour**
  - Non Member: £7.10
  - MV Card Holder: £5.90
  - MV Concession Card Holder: £5.30
  - Membership: FREE

- **Yoga/Pilates**
  - Non Member: £8.90
  - MV Card Holder: £7.30
  - MV Concession Card Holder: £6.60
  - Membership: FREE

- **Virtual Classes**
  - Non Member: £3.60
  - MV Card Holder: £3.00
  - MV Concession Card Holder: £2.65
  - Membership: FREE

**Exercise Descriptions**

- **Les Mills BodyPUMP**
  - A high-intensity cardiovascular workout that targets and tones major muscle groups.

- **Les Mills BodyBALANCE**
  - A low-impact class that combines aerobics, yoga, and Pilates to improve flexibility, strength, and balance.

- **Les Mills BodyCOMBAT**
  - A dynamic high-intensity class that combines boxing, martial arts, and kickboxing.

- **Les Mills Sh'Bam**
  - A fusion of dance and fitness, combining basic dance steps with Pilates-inspired movements.

- **Les Mills BodyPUMP**
  - A cardiovascular workout that combines bodyweight exercises, barbell lifts, and plyometrics.

- **Les Mills CORE**
  - A low-impact, full-body strength training class that focuses on core stability and muscle endurance.

- **PiYo**
  - A fusion of Pilates and yoga that focuses on core strength, flexibility, and balance.

- **Yoga**
  - A soothing practice that combines breath control, meditation, and physical postures to improve flexibility, strength, and relaxation.

- **Zumba**
  - A Brazilian-inspired dance fitness class that combines Latin rhythms and dance movements.

**Additional Information**

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

- Meridian Leisure Centre

- **Dance Studio Programme**
  - **8th-14th April**

- **Virtual BodyPUMP™**
  - A fast-paced cardiovascular workout that will burn the calories while you punch, kick, and jump through pre-chorographed tracks with booming music.

- **Virtual BodyCOMBAT™**
  - A fast-paced high-intensity class that combines boxing, kickboxing, and martial arts.

- **Virtual CORE™**
  - A full-body strength training class that focuses on core stability and muscle endurance.

- **Virtual Sh'Bam™**
  - A fun, dance-inspired class that combines Pilates-inspired movements and dance steps.
# Meridian Leisure Centre

**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.**

**Meridian Leisure Centre**

**Sports Hall Programme**

8th-14th April

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**Over 45s**

- **Over 45s Session**
- **Holiday Activity and Food Programme**
- **Holiday Activity and Food Programme**
- **Over 45s Session**
- **Set Up / Take-Down**

**MV GYMNASTICS**

- **MV Panthers**
  - **MV Panthers (Pre-school)**
  - **MV Panthers (Rise)**

**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.

**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)

**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 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

**Louth Jaguars**

Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (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

**Football**

- **Football Fun Factory**

**Louth Jaguars**

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**Pickleball**

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.

**NHS Blood Donations**

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.

| Over 45's Session | Holiday Activity and Food Programme | Holiday Activity and Food Programme | Over 45s Session | Set Up / Take-Down | Set Up / Take-Down | Set Up / Take-Down | Set Up / Take-Down | MV Gymnastics (Rise) | MV Gymnastics (Rise) | MV Gymnastics (Rise) | MV Gymnastics (Rise) | Set Up / Take-Down |
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| 9am               |                                    |                                    | 10am              |                    |                    | 11am              |                    | 12pm                |                     | 1pm                 |                     | 2pm               |                    |
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| 4pm               |                                    |                                    |                   |                    |                    | 8pm               |                    | 9pm                 |                     | 9pm                 |                     | 9pm               |                    |

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

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A Partner to East Lindsey District Council.