

# Meridian Leisure Centre

# Main Pool & Leisure Pool Programme

From 6<sup>th</sup> November

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

## KEY

<b>SP</b>	Small Pirate Ship Pool (32 degrees)
<b>MAIN POOL</b>	Main Pool: 25m in length and 8 lanes wide. (29 degrees)
<b>FLUME</b>	Our flume operates at weekends and 4pm-6pm on Monday to Friday.
<b>NOTES</b>	We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.
<b>AQUACISE*</b>	Aquacise (45 minute class) sessions start 5 minutes into a time block. i.e. Aquacise on Monday is 10:05am-10:50am.
<b>INCLUSIVE SWIM</b>	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.

	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 7.30am	Tri Club 7.45am 3 lanes
9am														
10am		Swim Lessons		School Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons				
11am		Aquacise* 10:05am-10:50am		General Swim		General Swim		Aquacise* 10:05am-10:50am		Aquacise* 10:05am-10:50am				
12pm	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons		School Swimming Lessons				
1pm		General Swim		Aquacise* 12:15pm - 1:00pm		General Swim		General Swim		Lane Swim				
2pm		School Swim Lessons		School Swim Lessons		School Swim Lessons		School Swim Lessons		General Swim				
3pm		Focus Ability Group				Staff Training				General Swim				
4pm		General Swim		General Swim		Aquacise* 2:35pm-3:20pm		General Swim		General Swim				
5pm	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons	Small Pirate Pool	Swim Lessons		Swim Lessons				
6pm		Lane Swim 2 lanes		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons				
7pm		General Swim		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons				
8pm		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club				
9pm		WB Club		General Swim		Tri Club 8pm 5 lanes		Lane Swim 8pm 3 lanes		Lane Swim 8pm 3 lanes				

**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!

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

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

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# Meridian Leisure Centre

# Wellness Studio Programme

From 6<sup>th</sup> November

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

<b>PILATES</b>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress
<b>STRETCH &amp; RELAX</b>	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
<b>BALANCE &amp; MOBILITY</b>	This class designed to improve your balance, mobility, posture and stability through light exercise & stretching.
<b>WELLNESS HOUR</b>	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	Pilates		Balance & Mobility				Wellness Hour
11am			Pilates		Pilates	Wellness Hour	
12pm		Yoga			Pilates		
1pm	Pilates		Stretch & Relax				
2pm							
3pm							
4pm							
5pm							
6pm		Yoga	Pilates	Wellness Hour			
7pm		Pilates					
8pm			Wellness Hour		Wellness Hour		
9pm							

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# Meridian Leisure Centre

# Fitness Suite & Cycle Studio Programme

From 6<sup>th</sup> November

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
Vitrual Classes	£3.50	£2.90	£2.60	FREE

KEY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Virtual Beginner RPM</b> 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.							
<b>Virtual RPM™</b> 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.							
<b>Virtual SPRINT™</b> A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results..							
<b>Cycle</b> Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!							
<b>SYNRGY*</b> 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.							
<b>Running Class*</b> This class involves strength and conditioning, focusing on building strength and endurance in to the core, hips, knees and legs in general. It will be beneficial to runners who may have reoccurring injuries, or notice they have weaknesses in their legs or want to avoid injuries and improve their running.							
<b>Fight to Fitness*</b> 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+)							
	6am						
	7am						
	8am						
	9am						
	10am						
	11am						
	12pm						
	1pm						
	2pm						
	3pm						
	4pm						
	5pm						
	6pm						
	7pm						
	8pm						
	9pm						

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

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# Meridian Leisure Centre

# Dance Studio Programme

From 6<sup>th</sup> November

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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
Vitrual Classes	£3.50	£2.90	£2.60	FREE

## KEY

<b>BODY CONDITIONING</b>	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
<b>PILATES</b>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
<b>MATURE MOVERS</b>	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.
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
<b>FITNESS PILATES</b>	Pilates based exercises combined functional movements to improve posture, alignment and balance.
<b>LATIN FIT</b>	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!
<b>ZUMBA</b>	Combine the calorie burning benefits of traditional aerobics with fun dance moves and you have Zumba. Catering for every ability. Come and get fit & bring your Latin spirit with you.
<b>WHOLE BODY EXERCISE</b>	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.
<b>LOW IMPACT AEROBICS</b>	A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.
<b>CLUB FIT</b>	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.
<b>FUNKY FITNESS</b>	A fun and energetic 30 minute workout. A great way to tone muscles and burn calories. Suitable for all.
<b>BALANCE &amp; MOBILITY</b>	This class designed to improve your balance, mobility, posture and stability through light exercise & stretching.
<b>RIP</b>	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am							
8am	Les Mills BodyPUMP						
9am	Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE	
10am	Les Mills BodyCOMBAT	Pilates	Zumba	Fitness Pilates	Zumba	Latin Fit	Les Mills BodyPUMP
11am	Pilates	Funky Fitness (10.10am)	Body Conditioning	Low Impact Aerobics		Les Mills BodyCOMBAT	Les Mills BodyBALANCE
12pm	Mature Movers	Balance & Mobility	Whole Body Exercise	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam
1pm	Pilates		Yoga	Cardiac Rehab	Les Mills BodyPUMP		Les Mills CORE
2pm			Les Mills BodyPUMP			Les Mills Sh'Bam	
3pm			Private Hire			Les Mills BodyCOMBAT	
4pm	Les Mills Sh'Bam	Les Mills BodyCOMBAT	Les Mills BodyPUMP				Les Mills BodyPUMP
5pm	Fitness Pilates	Les Mills CORE	Les Mills BodyCOMBAT			Les Mills BodyPUMP	Les Mills BodyBALANCE
6pm	Yoga	Zumba		Les Mills BodyPUMP			Private Hire
7pm	Yoga		CLUBFIT	Body Conditioning	Les Mills CORE		
8pm	Les Mills BodyCOMBAT	Les Mills BodyPUMP	PiYo	Les Mills BodyCOMBAT	Les Mills Sh'Bam		
9pm		Les Mills CORE	Les Mills BodyPUMP (45mins)				

<b>Virtual BodyBALANCE™</b>	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.
<b>Virtual BodyPUMP™</b>	A great full body workout set to great music using light weights and high repetition's to burn calories and help increase muscle tone.
<b>Virtual Sh'Bam™</b>	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.

<b>Virtual BodyCOMBAT™</b>	A fast paced cardiovascular workout that will burn the calories while you punch, kick and jump through pre choreographed tracks with booming music.
<b>Virtual CORE™</b>	Exercising muscles around the core, core work provides vital ingredient to a stronger body. As well as the stomach, expect to work hip, butt & lower back.

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

# Meridian Leisure Centre

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

# Sports Hall Programme

From 6<sup>th</sup> November

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.

**KEY**

<b>OVER 45'S</b>	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)
<b>MV GYMNASTICS</b>	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.
<b>MV PANTHERS</b>	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.
<b>LOUTH BADMINTON CLUB</b>	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!
<b>SOCIAL WALKING NETBALL</b>	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)
<b>WHEELCHAIR BASKETBALL LOUTH JAGUARS</b>	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.
<b>LOUTH NETBALL CLUB</b>	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
<b>BODY CONDI-TIONING</b>	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
<b>PICKLE-BALL CLUB</b>	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						MV Gymnastics (Rise)	
8am			Set Up / Take-Down				Set Up / Take-Down
9am	Set Up / Body Conditioning						
10am		Over 45s Session			Home Education		
11am							Louth Cricket Club
12pm		Set Up / Take-Down					Set Up / Take-Down
1pm		Social Walking Netball					
2pm		Set Up / Take-Down		Set Up / Take-Down			
3pm		Pickleball		Over 45s Session	Set Up / Take-Down		
4pm						MV Gymnastics (Pre-school)	
5pm	Louth Cricket Club		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		MV Gymnastics (Rise)		
7pm	Back to Netball	Set Up	MV Panthers (Under 16 squad & Under 18 squad) 14-15yrs & 16-17yrs	Louth Netball Club			
8pm	Louth Badminton Club	Social Badminton	Wheelchair Basketball Louth Jaguars				
9pm		Louth Football Club				Louth Netball Club	

<b>SOCIAL BADMINTON</b>	Social Badminton is session for people to come along and join in with other people and play badminton socially. Only £3.75 per session with an MV card (or £4.00 per session without an MV card)
<b>FOOT-BALL CLUB</b>	This session is led by Louth Football Club.

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# Sports Hall Programme

From 13<sup>th</sup> November

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Please note: bookings must be cancelled at least 48 hours in advance for a refund.

### KEY

<b>OVER 45'S</b>	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							
8am							
9am	Set Up / Body Conditioning						Set Up / Take-Down
10am							
11am		Over 45s Session			Home Education	MV Gymnastics (Rise)	Louth Cricket Club
12pm		Set Up / Take-Down					Set Up / Take-Down
1pm		Social Walking Netball					
2pm		Set Up / Take-Down					Set Up / Take-Down
3pm		Pickleball					Louth Cricket Club
4pm						MV Gymnastics (Pre-school)	Set Up / Take-Down
5pm							
6pm	Set Up / Take-Down					Set Up / Take-Down	
7pm	Back to Netball						
8pm	Set Up / Take-Down						
9pm	Louth Badminton Club						Louth Netball Club



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