

Meridian Leisure Centre

Fitness and Main Pool Programme

From 12th April 2021

LANE SWIMMING

Our Lane Swimming sessions will include single and double lanes only.

GENERAL SWIM

Our general swim sessions will include at least one lane and the remainder of the lanes to be general swim.

In reduced General Swim sessions there will be no lane swimming available.

(Most sessions will utilise only six lanes of the pool, there will be some sessions where the pool is shared with the Louth Swimming Club and a reduction of lanes available)

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool	Gym	
6am		Fitness Session													6am
7am	Lane Swimming	Fitness Session													7am
8am	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session	Lane Swimming	Fitness Session	Louth Swim Club Lane Swim (2 lanes)		Lane Swimming	Fitness Session	8am
9am	Crash Courses	Fitness Session	Lane Swim	Fitness Session	Crash Courses	Fitness Session	Lane Swim	Fitness Session	Crash Courses	Fitness Session					9am
10am	Swim Lessons	Fitness Session	Crash Courses	Fitness Session	Swim Lessons	Fitness Session	Crash Courses	Fitness Session	Swim Lessons	Fitness Session			Gen Swim (4 lanes)	Fitness Session	10am
11am	General Swim	Fitness Session	Leisure (Baby) Pool	Fitness Session	Gen Swim	Fitness Session	Leisure (Baby) Pool	Fitness Session	Leisure (Baby) Pool	Fitness Session	Leisure (Baby) Pool	Swim Lessons	Leisure (Baby) Pool	Swim Lessons	Fitness Session
12pm	General Swim	Fitness Session	Leisure (Baby) Pool	Fitness Session	Lane Swim	Fitness Session	Gen Swim	Fitness Session	School Booking	Fitness Session	Leisure (Baby) Pool	Fitness Session	Gen Swim (4 lanes)	Fitness Session	12pm
1pm	General Swim	Fitness Session	General Swim	Fitness Session	Leisure (Baby) Pool	Fitness Session	General Swim	Fitness Session	General Swim	Fitness Session	Lane Swim (2 Lane)	Fitness Session	Leisure (Baby) Pool	Fitness Session	1pm
2pm	Leisure (Baby) Pool	Fitness Session	General Swim	Fitness Session	General Swim	Fitness Session	General Swim	Fitness Session	General Swim	Fitness Session		Fitness Session	General Swim	Fitness Session	2pm
3pm	Crash Courses	Fitness Session	Crash Courses	Fitness Session	Crash Courses	Fitness Session	Crash Courses	Fitness Session	Crash Courses	Fitness Session	General Swim	Fitness Session			3pm
4pm		Fitness Session		Fitness Session		Fitness Session	Gen Swim (4.10pm)	Fitness Session		Fitness Session					4pm
5pm	Swim Lessons	Fitness Session	Swim Lessons	Fitness Session	Swim Lessons	Fitness Session	Swim Lessons	Fitness Session	Swim Lessons	Fitness Session					5pm
6pm	Louth Swim Club	Fitness Session	Louth Swim Club (4 lanes)	Fitness Session	Swim Lessons	Fitness Session	Louth Swim Club	Fitness Session	Leisure (Baby) Pool	Gen Swim (4 lanes)	Fitness Session		Louth Swim Club	Fitness Session	6pm
7pm	Louth Swim Club	Fitness Session	General Swim	Fitness Session	Lane Swim (2 Lane)	Fitness Session	Louth Swim Club	Fitness Session	Louth Swim Club	Fitness Session					7pm
8pm	Lane Swimming		General Swim	Fitness Session	Lane Swim (2 Lane)	Fitness Session			Gen Swim (4 lanes)						8pm
9pm															9pm

Please bring your own water bottle, as the water fountains and vending machines are not available.

No personal towels are allowed to be used in the fitness sessions.

Meridian Leisure Centre Virtual Programme

From 12th April 2021

Please note our programmes will be reviewed daily.
For an accurate and up to date timetable please see
the online booking system.

All group exercise classes sessions MUST be pre-booked online using our booking online system. Please do not turn up without a pre-arranged booking.
Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

BOOKABLE VIRTUAL SESSIONS

Where there are blue spaces these are a bookable virtual session. You can book these sessions using our online booking system and please add to the notes which virtual class you would like us to book. Please note this is for a single person or household, due to the current restrictions.

BOOKING A CLASS

You can book a class as normal online, there will only be one space available per class. If you are bringing your household with you please write this in the notes at the time of booking. Please bring proof of this when visiting.

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
6am							
7am							
8am	RPM	SPRINT	SPRINT	RPM	SPRINT		
9am		RPM		RPM		RPM	
10am	RPM			SPRINT	RPM	SPRINT	RPM
11am	RPM	RPM	RPM	RPM	RPM	RPM	RPM
12pm		SPRINT	SPRINT		SPRINT		SPRINT
1pm			RPM				
2pm							
3pm							
4pm							SPRINT
5pm		SPRINT					
6pm	SPRINT		SPRINT				
7pm	RPM	RPM	RPM	SPRINT	SPRINT		
8pm	RPM	SPRINT	SPRINT	RPM	RPM		
9pm			RPM				

Please bring your own water bottle, as the water fountains and vending machines are not available.

No personal towels are allowed to be used.

MERIDIAN LEISURE CENTRE VIRTUAL EXERCISE CLASSES

From 12th April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7am								7am
8am								8am
9am	Body Conditioning	Fitness Pilates	Outdoor Zumba*		Pilates	Outdoor Cycle*	LATINFIT	9am
10am	Pilates	Yoga	Pilates	Low Impact Aerobics	Zumba			10am
11am		Zumba Toning	Movement to Music	Body Conditioning				11am
12pm								12pm
1pm								1pm
2pm			Wellbeing Wednesday	Fitness, Food and Friends				2pm
3pm					Tea at Three			3pm
4pm								4pm
5pm				Strength & Stretch				5pm
6pm		Zumba	Fitness Pilates	Express Core				6pm
7pm	Yoga	Pilates	Outdoor Cycle*					7pm
8pm								8pm

Is there a class you like but you can't make a certain time?
Email us at info@mvtlc.org and we will send you a recording!

MERIDIAN LEISURE CENTRE VIRTUAL EXERCISE CLASSES

From 12th April

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
Fitness Pilates	Pilates based exercises combined functional movements to improve posture, alignment and balance.
Outdoor Cycle*	The cycle bikes will be placed outdoor for an outdoor cycle session. Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session!
Core & Stretch	A great way to strengthen your core through body weight exercises and stretching.
Wellbeing Wednesday	A low impact exercise around chair-based exercise to help with toning and mobility
Strength & Stretch	Join us for this class combination! 30 minutes of strength followed by 15 minutes of Stretch! Strength is a 'functional strength training' class and Stretch will help to improve your posture and flexibility.
LATINFIT	Dance your way into fitness with this exciting aerobic workout with Kelly!
Fitness Food and Friends	Fitness, Food and Friends is a FREE 12 week program which includes a Live exercise class to take part in at home, Live cooking demonstration, food and nutrition advice, digital support, and many other health & wellbeing tips and advice. Make sure you 'join' Alford Hub's Facebook Page, sessions will be available to join via the page. For more information please contact Marko on: T: 07767 664186 E: marko.humphrey@mvtlc.org
Movement to Music	Light aerobics workout to music. Do as little or as much as you possibly can.
Zumba	Combine the calorie burning benefits of traditional aerobics with up to date, fun dance moves and you have Zumba. Catering for every user's ability, it's one of our most popular classes. Come and get fit and bring your Latin spirit with you.
Zumba Toning	Based around a traditional zumba class, with an extra emphasis on toning and sculpting - really helping to define those muscles! (Light weights optional)
Body Conditioning	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
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.
Tea at Three	Join us at 3pm for a good old cup of tea and a natter!

Instructors:

DONNA M

Monday
Body Conditioning (9:15am)
Pilates (10:15am)

Tuesday
Zumba (6pm)

Wednesday
*Outdoor Zumba (9:15am)

Thursday
Low Impact Aerobics (10:15am)
Body Conditioning (11:15am)

Friday
Zumba (10:15am)

LAURA
Tuesday
Fitness Pilates (9.15am)
Pilates (7pm)

Wednesday
Pilates (10:15am)
Movement to Music (11:15am)
Fitness Pilates (6pm)

Thursday
Strength & Stretch (5pm)

Friday
Pilates (9:15am)

SAMMY
Wednesday
*Outdoor Cycle (6.30pm)

GEORGE M

Thursday
Core & Stretch (6pm)

Friday
*Outdoor Cycle (9.15am)

ERICA & LIZZIE
Wednesday
Wellbeing Wednesday (2pm)

Friday
Tea at Three (3pm)

SUSAN
Monday
Yoga (7pm)

JACQUI
Tuesday
Yoga (10:15am)
Zumba Toning (11:15am)

KELLY
Saturday
LATINFIT (9:30am)

ERICA & MARKO
Thursday
Fitness, Food and Friends (2pm)

*Outdoor classes take place at Meridian Leisure Centre on the field next to the venue.

Classes in blue take place on through our Facebook venue pages and are FREE of charge.

Outdoor classes are dependant on weather, a decision will be made the day before if the class changes to virtual through Zoom.