


# Skegness Pool & Fitness Suite

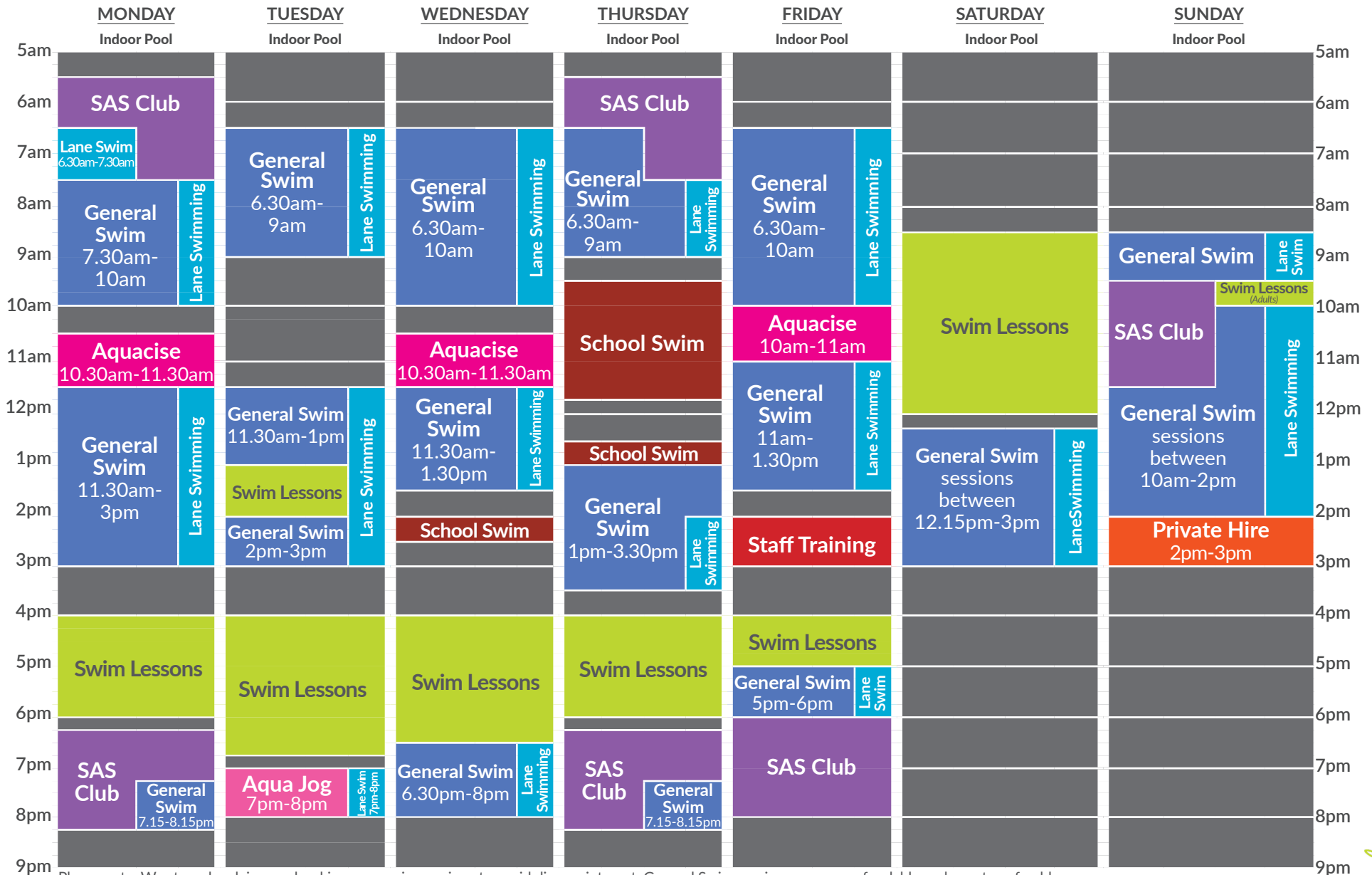
## Indoor Pool Programme

From 14<sup>th</sup> November 2022

Please note:

Exercise Classes on Thursday 24<sup>th</sup> and Friday 25<sup>th</sup> November 2022 will be held at Tower Gardens Pavilion.

	Swimming Prices				
	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
1+ hour swim	£4.80	£4.00	£3.60	£1.70	FREE



Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. General Swim sessions are non-refundable and non-transferable.

E: info@mvtlc.org T: 01754 610675

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

[magnavitae.org](http://magnavitae.org)

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## Exercise Classes

From 14<sup>th</sup> November 2022

Please note:

Exercise Classes on Thursday 24<sup>th</sup> and Friday 25<sup>th</sup> November 2022 will be held at Tower Gardens Pavilion.

	Exercise Class Prices		
	Non Member	MV Card Holder	MV Concession Card Holder
45mins - 1 hour	£6.80	£5.65	£5.10
30mins	£2.85	£2.40	£2.15
Yoga/Pilates	£8.40	£7.00	£6.30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7am								7am
8am								8am
9am	A Cycle 9am			A Zumba TG 24th 9am	A Pilates TG 25th 9am			9am
10am	A Core & Back Rehab 10am	A Boogie Bounce 9.30am		A Yogalates TG 24th 10am	P Aquacise 10am	G High Intensity Circuits 10am		10am
11am	P Aquacise 10.30am	A Zumba Toning 10.30am	P Aquacise 10.30am	A Zumba Toning TG 24th 11am				11am
12pm			A Throwback Aerobics 11.30am					12pm
1pm			A Legs, Bums & Tums 12.30pm					1pm
2pm	A Fit Ball 2pm		A Yoga 1.30pm					2pm
3pm	A Zumba Step 3pm							3pm
4pm								4pm
5pm								5pm
6pm		A KettleBlast 5.30pm						6pm
7pm		A Clubbercise 6pm		A Legs, Bums & Tums 6pm				7pm
8pm		P Aqua Jog 7pm		A Core & Stretch 7pm				8pm
9pm								9pm

Key  
P - Swimming Pool  
G - Gym  
A - Arts Room  
TG - Tower Gardens Pavilion

# Skegness Pool & Fitness Suite

## Exercise Class Descriptions

From 14<sup>th</sup> November 2022

<p><b>AQUACISE</b> Mondays at 10.30am, Wednesdays at 10.30am &amp; Fridays at 10am</p>	<p>Using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.</p>
<p><b>AQUA JOG</b> Tuesdays at 7pm</p>	<p>Not only is Aqua Jog an excellent way to improve cardiovascular fitness and work on running form, but it also minimizes the impact on your joints. Plus, since the water provides resistance, aqua jogging is similar to running against the wind.</p>
<p><b>ZUMBA</b> Thursdays at 9am</p>	<p>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.</p>
<p><b>CLUBBERCISE</b> Tuesdays at 6pm</p>	<p>Clubbercise® is a fun full body workout with a banging soundtrack that gets great results. One session burns around 600 calories. The routines combine dance, toning and combat moves with options to suit all fitness levels.</p>
<p><b>HIGH INTENSITY CIRCUITS</b> Saturdays at 10am</p>	<p>High-intensity circuits involve a combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high-intensity and lower-intensity exercises.</p>
<p><b>ZUMBA TONING</b> Tuesdays at 10.30am &amp; Thursdays at 11am</p>	<p>This class fuses Latin rhythms and easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone and sculpt muscles.</p>
<p><b>YOGALATES</b> Thursdays at 10am</p>	<p>A mix of Pilates and Yoga designed to increase mobility, muscle, tone, flexibility and leave you feeling centred and calm.</p>
<p><b>BOOGIE BOUNCE</b> Tuesdays at 9:30am</p>	<p>Boogie Bounce is a high energy and low impact workout to get fit, have fun and bounce away fat! The exercise is performed on a trampet/mini trampoline (provided) with patented T-Bar handles.</p>
<p><b>LEGS, BUMS &amp; TUMS</b> Wednesdays at 12.30pm</p>	<p>Legs, Bums &amp; Tums is a unique aerobic fitness class that is full of fun exercises to tone those "wobbly" areas on your stomach, thighs and bum. We use circuits and games to add to the fun and keep things interesting. This class is great for anyone who wants to lose weight, tone up, or just improve their overall fitness. It's suitable for all levels of fitness, from complete beginners through to experienced gym-goers!</p>
<p><b>THROWBACK AEROBICS</b> Wednesdays at 11.30am</p>	<p>A cardiovascular aerobics session set to some of your favourite throwback music from the 80's &amp; 90's. This class is fun, a great exercise and is set to some great music!</p>
<p><b>ZUMBA STEP</b> Mondays at 3pm</p>	<p>A dance-based session incorporating the Latin beats of a Zumba class! Using a small box step, this class will really get you moving to the music!</p>
<p><b>KETTLEBLAST</b> Tuesdays at 5:30pm</p>	<p>A short 30-minute blast workout - aiming to get you sweating in no time! This class is a great way to build your strength and get lean at the same time.</p>
<p><b>YOGA</b> Wednesdays at 1.30pm</p>	<p>A physical and mental exercise using stretching &amp; breathing to help improve posture and core stability, whilst helping you relax and release stress.</p>
<p><b>PILATES</b> Fridays at 9am</p>	<p>A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.</p>
<p><b>FIT BALL</b> Mondays at 2pm</p>	<p>Using similar methods of Pilates to form a cardio/conditioning workout, using an array of equipment to assist.</p>
<p><b>CORE &amp; BACK REHAB</b> Mondays at 10am</p>	<p>This class is perfect for those wishing to build those abs, a stronger core and help in reducing back pain. With a wide variety of exercises and equipment, you will be sure to get an intense workout at a lower pace.</p>
<p><b>CORE &amp; STRETCH</b> Thursdays at 7pm</p>	<p>Are you wanting to blast those abs as well as stronger core, improved posture, more mobility and flexibility? Then look no further! This class is exactly that - combining stretching and strength work, you will hate to love it.</p>
<p><b>CYCLE</b> Mondays at 9am</p>	<p>45min cycling sessions listening to exhilarating music. This class is a high intensity fat blasting cardiovascular workout tailored to your ability.</p>

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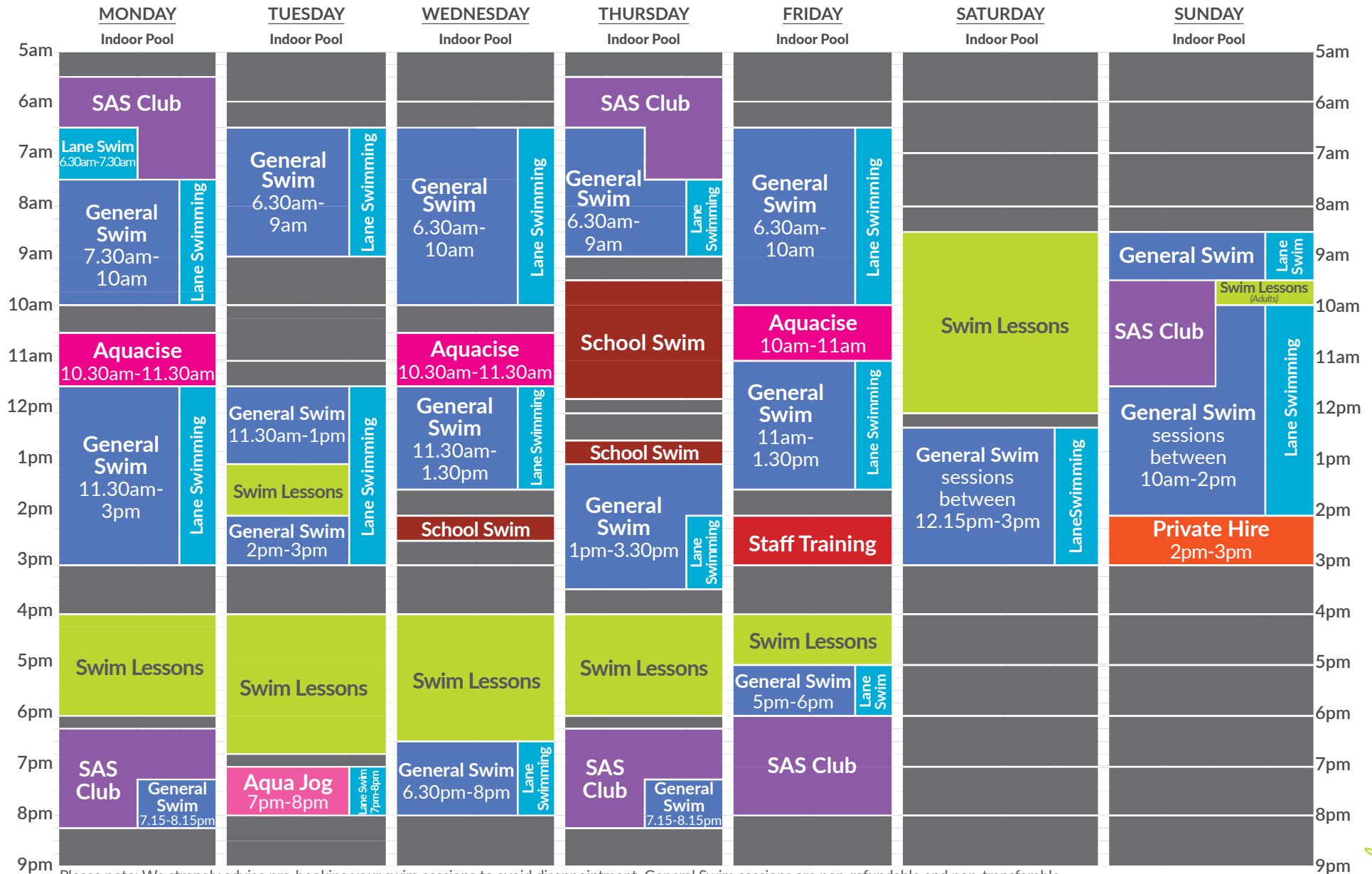
**MAGNA VITAE**  
TRUST FOR LEISURE & CULTURE

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From 5<sup>th</sup>-11<sup>th</sup> December 2022

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12pm							
1pm			TG Throwback Aerobics 12.30pm				
2pm			TG Legs, Bums & Tums 1.15pm				
3pm		TG Zumba Toning 2.30pm	TG Yoga 2pm				
4pm		TG Yoga 3.15pm					
5pm							
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<p><b>ZUMBA TONING</b> Tuesdays at 2.30pm</p>	<p>This class fuses Latin rhythms and easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone and sculpt muscles.</p>
<p><b>YOGALATES</b> Thursdays at 10am</p>	<p>A mix of Pilates and Yoga designed to increase mobility, muscle, tone, flexibility and leave you feeling centred and calm.</p>
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<p><b>YOGA</b> Tuesdays at 3.15pm &amp; Wednesdays at 2pm</p>	<p>A physical and mental exercise using stretching &amp; breathing to help improve posture and core stability, whilst helping you relax and release stress.</p>
<p><b>PILATES</b> Fridays at 9am</p>	<p>A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.</p>
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