
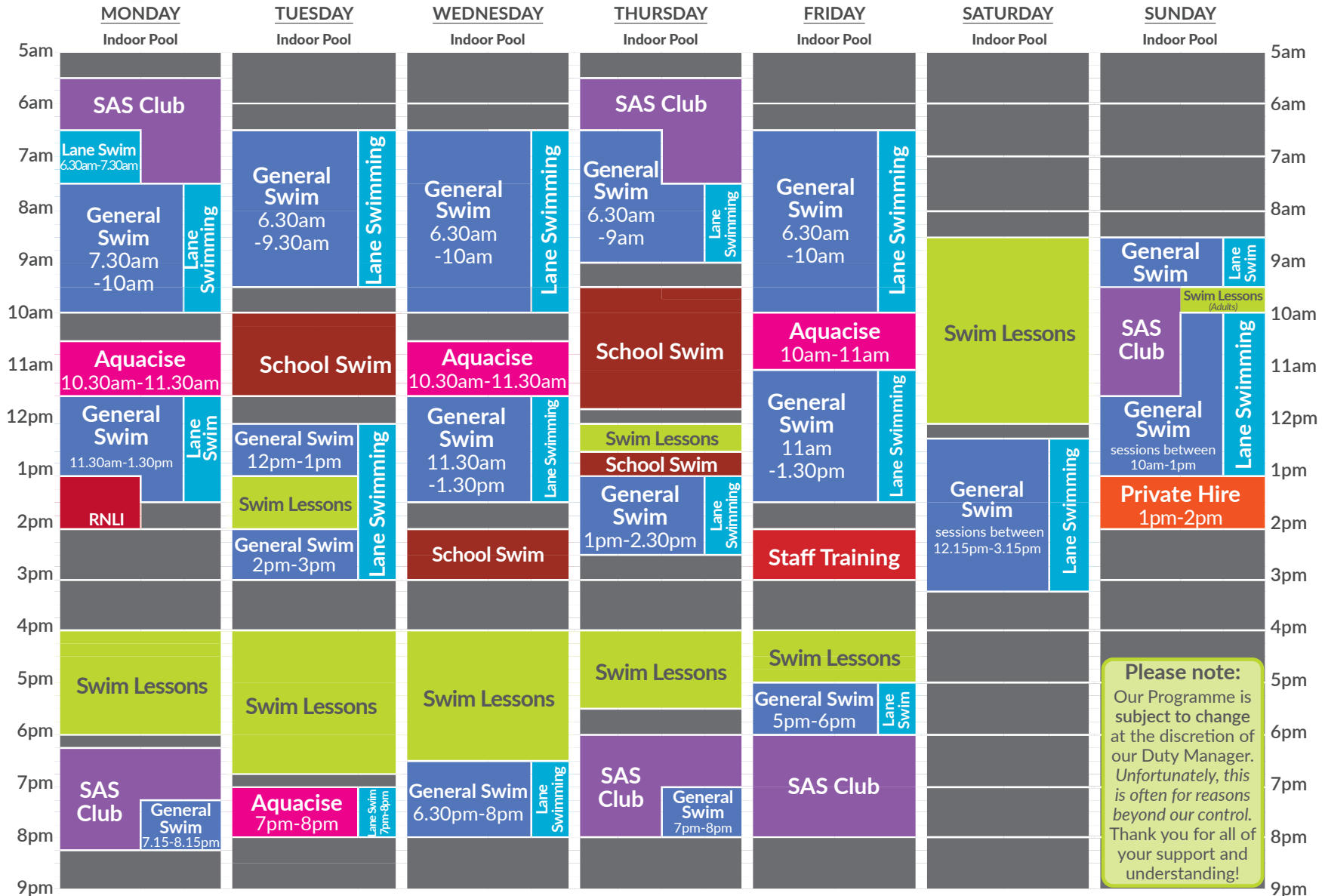


Skegness Pool & Fitness Suite

Indoor Pool Programme

From 9th - 28th May 2023

	Swimming Prices				
	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
1+ hour swim	£5.00	£4.20	£3.75	£1.80	FREE



Please note: We strongly advise pre-booking your swim sessions to avoid disappointment. For cancellations, when more than 48 hours notice is given you will receive a full refund. REMEMBER: Our Waterwise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'!

Skegness Pool & Fitness Suite

Exercise Classes

From 9th - 28th May 2023

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7am								7am
8am								8am
9am				A Zumba 9am	A Pilates 9am			9am
10am		A Boogie Bounce 9.30am		A Yogalates 10am	P Aquacise 10am	G High Intensity Circuits 10am		10am
11am	P Aquacise 10.30am	A Zumba Toning 10.30am	P Aquacise 10.30am					11am
12pm		A Yoga 11.30am	A Throwback Aerobics 11.30am					12pm
1pm			A Legs, Bums & Tums 12.30pm					1pm
2pm	A Fitball 2pm		A Yoga 1.30pm					2pm
3pm	A Zumba Step 3pm							3pm
4pm								4pm
5pm								5pm
6pm				A Legs, Bums & Tums 6pm				6pm
7pm				A Core & Stretch 7pm				7pm
8pm		P Aquacise 7pm						8pm
9pm								9pm

Key

- P - Swimming Pool
- G - Gym
- A - Arts Room

Skegness Pool & Fitness Suite

Exercise Class Descriptions

From 9th - 28th May 2023

<p>AQUACISE Mondays at 10.30am, Tuesdays at 7pm, Wednesdays at 10.30am & 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>ZUMBA 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>HIGH INTENSITY CIRCUITS 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>ZUMBA TONING Tuesdays at 10.30am</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>YOGALATES 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>LEGS, BUMS & TUMS Wednesdays at 12.30pm & Thursdays at 6pm</p>	<p>Legs, Bums & 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>THROWBACK AEROBICS Wednesdays at 11.30am</p>	<p>A cardiovascular aerobics session set to some of your favourite throwback music from the 80's & 90's. This class is fun, a great exercise and is set to some great music!</p>
<p>ZUMBA STEP 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>YOGA Wednesdays at 1.30pm</p>	<p>A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.</p>
<p>PILATES 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>FIT BALL 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>BOOGIE BOUNCE Tuesdays at 9.30am & Thursdays at 11am</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>CORE & STRETCH Thursdays at 7pm</p>	<p>A class combining stretching and strength work to improve posture, core strength and mobility on the muscles around the spine.</p>

Did you know? You can Learn to Swim with Magna Vitae

We offer **WaterWise Swim Lessons**, following Swim England's 'Learn to Swim' criteria, with our Level 1 and Level 2 qualified Swim Teachers. **(Plus: Our WaterWise membership includes general swimming at any time at any of our Swimming Pools*)**

Just one of many perks of being 'WaterWise'.

*Magna Vitae Swimming Pools:
Meridian Leisure Centre, Louth, LN11 8SA; Skegness Pool & Fitness Suite, PE25 2UG and Horncastle Pool & Fitness Suite, LN9 6HP.
Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

Scan here with your mobile phone's camera for more information about our swimming lessons!



Stay up to date!
Download our App.



Scan here with your mobile phone's camera to download our free Magna Vitae app.

magnavitae.org

MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Skegness Pool & Fitness Suite Indoor Pool Programme

From 29th - 4th June 2023

	Swimming Prices				
	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
1+ hour swim	£5.00	£4.20	£3.75	£1.80	FREE

Outdoor Pool Bookings

Non Member/User
Full Day Session (11am-5pm)
Per Person £24.25
3&4yrs £11.25

1/2 Day Session
(11am-2pm/2pm-5pm)
Per Person £12.25
3&4yrs £5.75

1.5hr Session
(Spaced throughout the day)
Per person £6.75
3&4yrs £3.25

MV Card Holder
Full Day Session (11am-5pm)
Adult £18.25
Child £16.25
3&4yrs £11.25

1/2 Day Session
(11am-2pm/2pm-5pm)
Adult £9.25
Child £8.25
3&4yrs £5.75

1.5hr Session
(Spaced throughout the day)
Adult £5.75
Child £5.25
3&4yrs £3.25

Sun lounger £2.00
Spectator £2.65

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!

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	
5am															5am
6am															6am
7am															7am
8am															8am
9am	General Swim 8am-9am		General Swim 6.30am-9am		General Swim 6.30am-10.30am		General Swim 6.30am-9am		General Swim 6.30am-10am						9am
10am	Swim Lessons		Swim Lessons		Aquacise 10.30am-11.30am		Swim Lessons		Aquacise 10am-11am		Swim Lessons		Swim Lessons		10am
11am	General Swim 11am-2pm	General Swim 11am-2pm	General Swim 11am-3pm		General Swim 11.30am-3pm		General Swim 11am-3pm		General Swim 11am-3pm		General Swim 11am-3pm		General Swim 11am-3pm		11am
12pm	General Swim 11am-2pm	General Swim 11am-2pm	General Swim 11am-3pm		General Swim 11.30am-3pm		General Swim 11am-3pm		General Swim 11am-3pm		General Swim 11am-3pm		General Swim 11am-3pm		12pm
1pm	General Swim 11am-2pm	General Swim 11am-2pm	General Swim 11am-3pm		General Swim 11.30am-3pm		General Swim 11am-3pm		General Swim 11am-3pm		General Swim 11am-3pm		General Swim 11am-3pm		1pm
2pm	Family Fun 2pm-3pm														2pm
3pm															3pm
4pm			Booster Lessons		Booster Lessons		Booster Lessons		Booster Lessons		Booster Lessons				4pm
5pm			Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons						5pm
6pm															6pm
7pm					General Swim 6.30pm-8pm		SAS Club	General Swim 6pm-8pm	SAS Club	General Swim 7pm-8pm					7pm
8pm			Aquacise 7pm-8pm												8pm
9pm															9pm

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7am	BANK HOLIDAY (No classes)							7am
8am								8am
9am				A Zumba 9am	A Pilates 9am			9am
10am		A Boogie Bounce 9.30am		A Yogalates 10am	P Aquacise 10am	G High Intensity Circuits 10am		10am
11am		A Zumba Toning 10.30am	P Aquacise 10.30am					11am
12pm		A Yoga 11.30am	A Throwback Aerobics 11.30am					12pm
1pm			A Legs, Bums & Tums 12.30pm					1pm
2pm			A Yoga 1.30pm					2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm		A BOX FIT 6pm	A Kettlebells 6pm	A Legs, Bums & Tums 6pm				6pm
7pm		P Aquacise 7pm	A Flex & Mobility 7pm	A HIIT Circuits 7pm	A Core & Stretch 7pm			7pm
8pm								8pm
9pm								9pm

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Skegness Pool & Fitness Suite

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ZUMBA Thursdays at 9am	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.
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PILATES Fridays at 9am	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
BOOGIE BOUNCE Tuesdays at 9.15am & Thursdays at 11am	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.
HIIT CIRCUITS Wednesdays at 7pm	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.
KETTLEBELLS Wednesdays at 6pm	Kettlebells is designed to not just help improve your strength, but will also help to improve other factors such as the strength of your core, improve balance and flexibility as well as coordination.
BOX FIT Tuesdays at 6pm	Boxfit is a cardiovascular workout increasing stamina in the heart and lungs. Classes last between 45 mins to one hour and are for all levels of fitness.
FLEX & MOBILITY Tuesdays at 7pm	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.
CORE & STRETCH Thursdays at 7pm	A class combining stretching and strength work to improve posture, core strength and mobility on the muscles around the spine.



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