
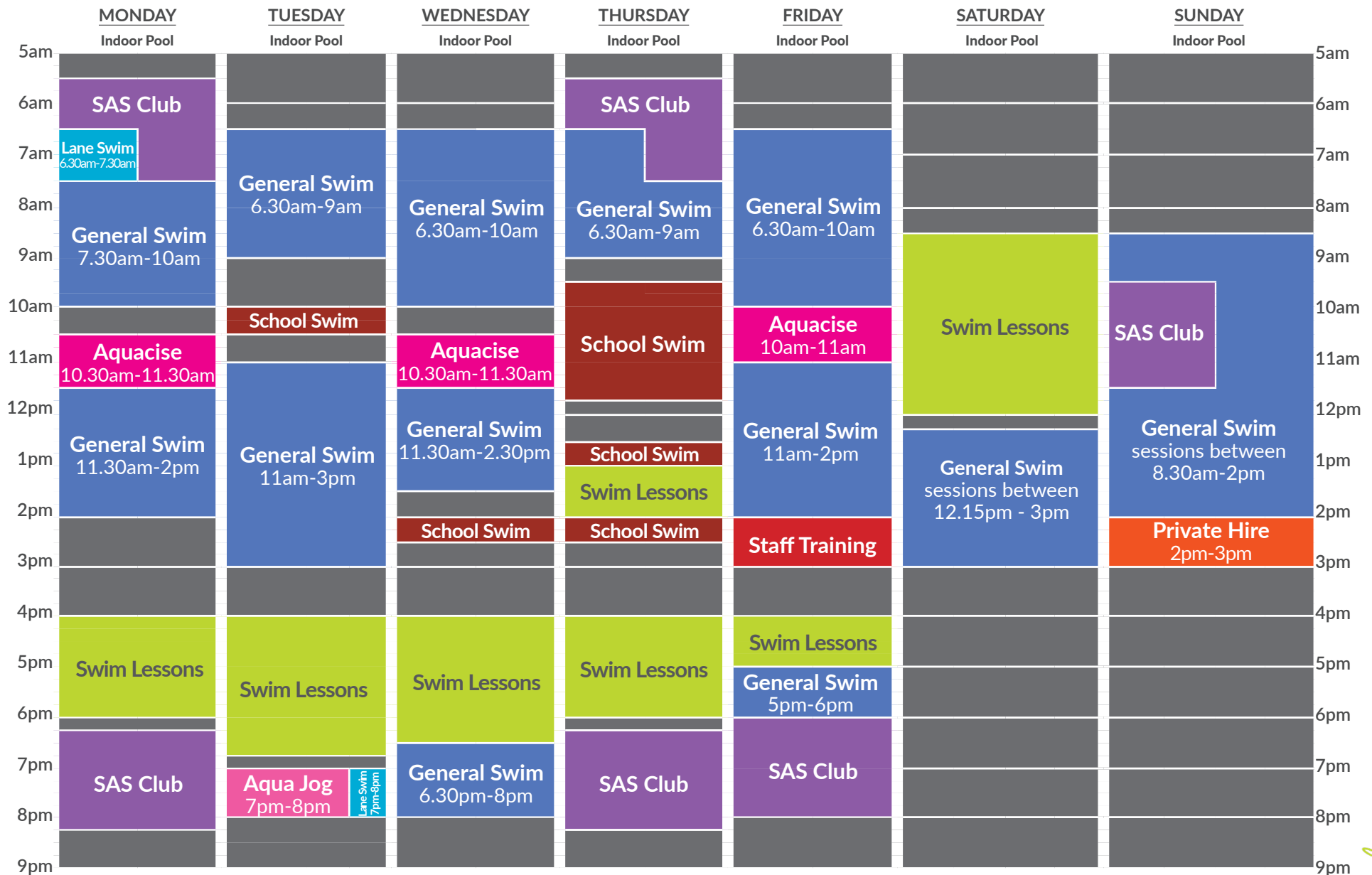


Skegness Pool & Fitness Suite

Indoor Pool Programme

From 12th September 2022

	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



Skegness Pool & Fitness Suite

Exercise Classes

From 12th September 2022

	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 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	A Boogie Bounce 11am				11am
12pm			A Throwback Aerobics 11.30am					12pm
1pm	G Circuits 1pm	G Free Circuits 1pm	A Legs, Bums & Tums 12.30pm	G Free Circuits 1pm				1pm
2pm	A Fit Ball 2pm		A Yoga 1.30pm					2pm
3pm	A Zumba Step 3pm							3pm
4pm								4pm
5pm								5pm
6pm								6pm
7pm	A KettleBlast 6.30pm		A KettleBlast 6.30pm					7pm
8pm	A Clubbercise 7pm	P Aqua Jog 7pm	A Clubbercise 7pm					8pm
9pm								9pm

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

Skegness Pool & Fitness Suite

Exercise Class Descriptions

From 12th September 2022

<p>AQUACISE Mondays at 10.30am, 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>AQUA JOG 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>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>CLUBBERCISE Mondays and Wednesdays at 7pm</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>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>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>LEGS, BUMS & TUMS Wednesdays at 12.30pm</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>CIRCUITS Mondays at 1pm</p>	<p>Located within the gym, led by an instructor. Using the new Technogym equipment to its full advantage, creating a circuit session designed to target the whole body.</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>KETTLEBLAST Mondays and Thursdays at 6:30pm</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>FREE CIRCUITS Tuesdays and Thursdays at 1pm</p>	<p>Free circuits is not instructor led, but you have everything planned for you. Tailored programmes designed for all users to come and get your teeth stuck into. Assistance is at hand if required.</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>

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