

Skegness Pool & Fitness Suite

Fitness and Pool Programme

From 15 November 2021

	Swimming Prices				
	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
1+ hour swim	£4.60	£3.80	£3.40	£1.60	FREE
45 min swim	£3.45	£2.85	£2.55	£1.20	FREE

We strongly suggest that all pool and gym sessions are pre booked using our online booking system to avoid disappointment.

We also request that if you are unable to attend a session to please cancel via the online booking system, thus allowing someone a space.

Key:

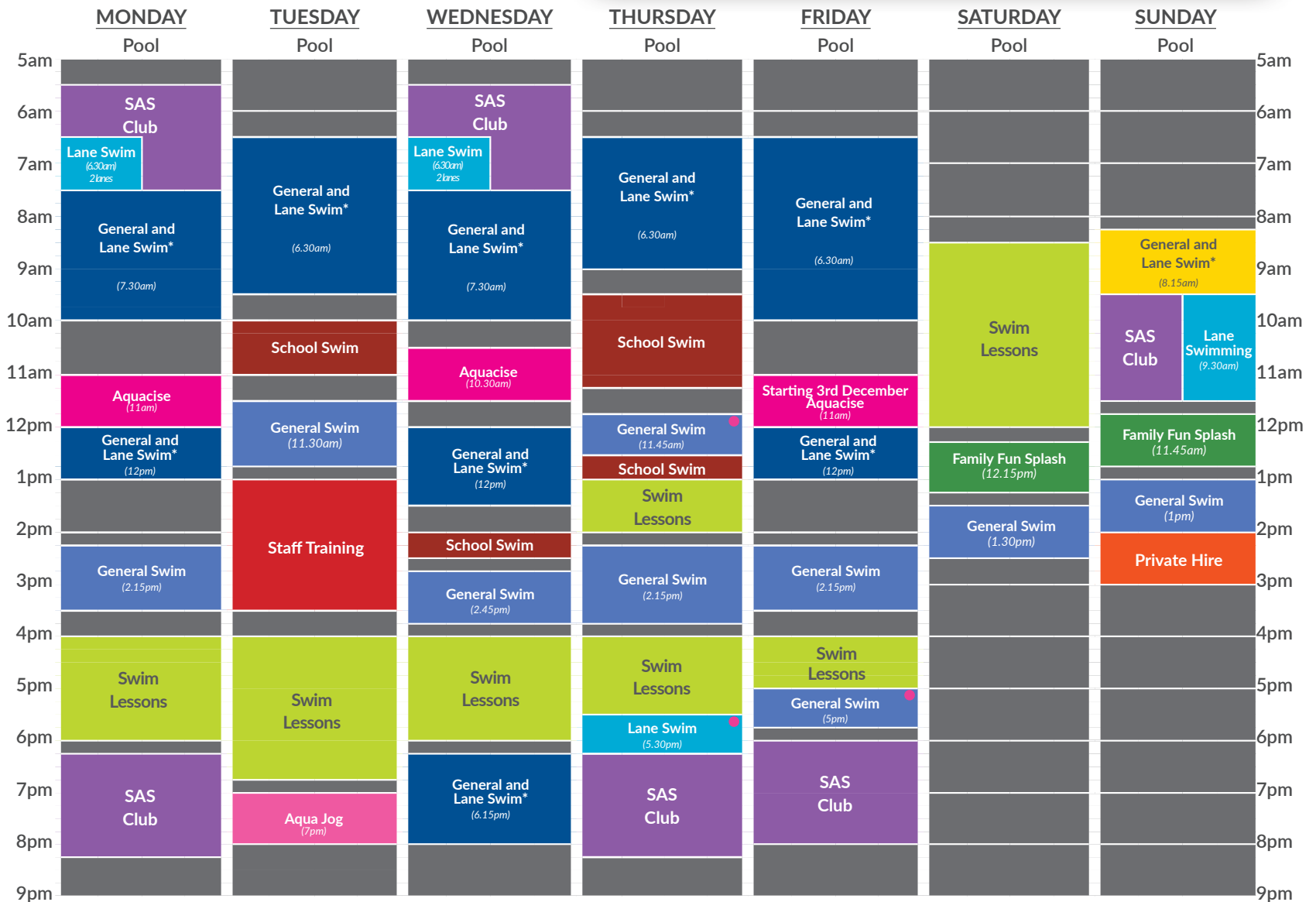
● = 45 minute swim session

FITNESS SESSION TIMES

Fitness Sessions are on the hour on the following days:

- Monday – 6am-8pm
- Tuesday – 6am-1pm
3pm-8pm
- Wednesday - 6am-8pm
- Thursday – 6am-8pm
- Friday – 6am-8pm
- Saturday – 8am-3pm
- Sunday – 8am-2pm

High Intensity Circuits Class
Saturday 10-11am



*Please be aware our general and lane swims are open for all ages but are lengths swimming until 9am. The amount of lanes will depend on the demand within these sessions.

Please note for General Swim sessions they are non-refundable and non-transferable.

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

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

Skegness Pool & Fitness Suite Exercise Classes

From 15 November 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8am								8am
9am				A Zumba 9am				9am
10am			A Pick & Mix 10am	A Yogalates 10am		G High Intensity Circuits 10am		10am
11am	P Aquacise 11am		P Aquacise 10.30am	A Boogie Bounce 11am	P *Starting 3 December* Aquacise 11am			11am
12pm	A Pick & Mix 12pm		A Throwback Aerobics 11.30am					12pm
1pm			A Legs, Bums & Tums 12.30pm					1pm
2pm								2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm	A Rave Fit 6pm	A Zumba Toning 6pm						6pm
7pm	A Yoga 7pm	P Aqua Jog 7pm	A Yogalates 7pm					7pm
8pm			A Clubbercise 7.00pm					8pm
9pm								9pm

Key

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

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

* These classes take place online through Facebook or Zoom.
Is there an online class you like but you can't make a certain time?
Email us at info@mvtlc.org and we will send you the recording!

Skegness Pool & Fitness Suite Exercise Class Descriptions

From 15 November 2021

Class Descriptions:

AQUACISE Mondays at 11am, Wednesdays at 10.30am & (starting from 3rd December) Fridays at 11am	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.
AQUA JOG Tuesdays at 7pm	Aqua jogging, aka deep water running, is a form of cardiovascular exercise that mimics the motion of jogging while submerged in water. You can do aqua jogging by running laps in the pool or wearing a flotation device around your trunk and running in place
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.
YOGA Mondays at 7pm	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
RAVE FIT Mondays at 6pm	Rave Fit is a dance cardio class that makes you forget about how hard you are working!
CLUBBERCISE Wednesdays at 7.30pm	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.
HIGH INTENSITY CIRCUITS Saturdays at 10am in the gym	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.
ZUMBA TONING Tuesdays at 6pm	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.
YOGALATES Tuesdays at 7pm & Thursdays at 10am	A mix of Pilates and Yoga designed to increase mobility, muscle, tone, flexibility and leave you feeling centred and calm.
BOOGIE BOUNCE 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.
LEGS, BUMS & TUMS Wednesdays at 12.30pm	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!
PICK & MIX Mondays at 12pm & Wednesdays at 10am	A selection from a range of our other classes - plus some new ones we're considering! Come along and see... What class will you get?
THROWBACK AEROBICS Wednesdays at 11.30am	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!



Our programme is subject to change. Please download our MV app for the latest updates. Scan the QR code on the right to download our App for free from your App Store!