

# Skegness Pool & Fitness Suite

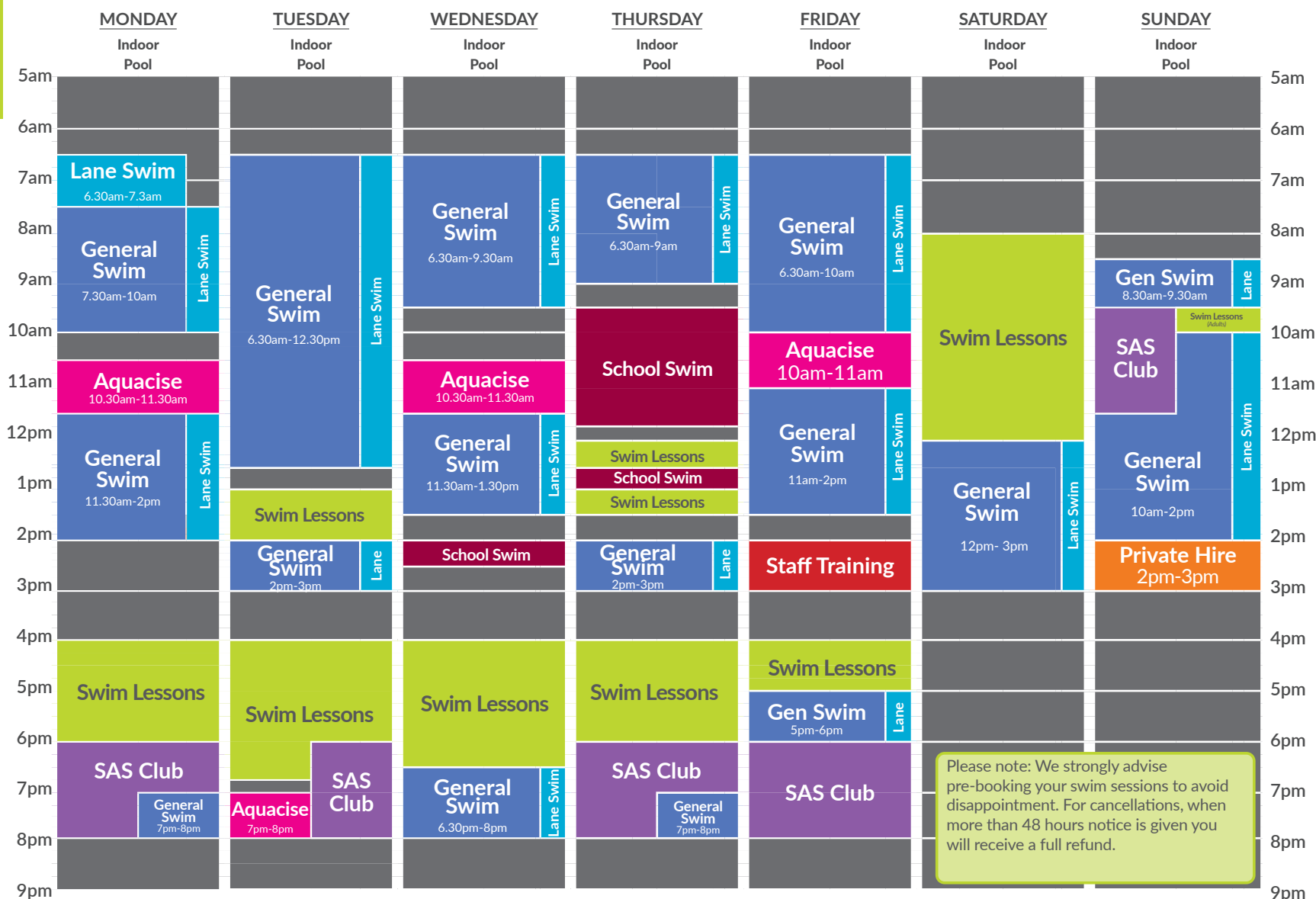
## Indoor Pool Programme

From 8<sup>th</sup> January 2024

| Pricing for Swimming | Non Member | MV Card Holder | MV Concession Card Holder | Age 3-4yrs | Under 2's |
|----------------------|------------|----------------|---------------------------|------------|-----------|
|                      | £5.00      | £4.20          | £3.75                     | £1.80      | FREE      |

### Venue Opening Times

Mon-Thurs | 6am-8pm  
Fri | 6am-6pm  
Sat & Sun | 8am-3pm



# Skegness Pool & Fitness Suite

## Exercise Class Programme

From 8<sup>th</sup> January

| Exercise Classes | Non Member | MV Card Holder | MV Concession Card Holder | Membership |
|------------------|------------|----------------|---------------------------|------------|
| 45mins - 1 hour  | £6.95      | £5.75          | £5.20                     | FREE       |
| Yoga/Pilates     | £8.60      | £7.20          | £6.50                     | FREE       |

### Venue Opening Times

Mon-Thurs | 6am-8pm

Fri | 6am-6pm

Sat & Sun | 8am-3pm

|  |      | MONDAY                   | TUESDAY                       | WEDNESDAY                    | THURSDAY         | FRIDAY             | SATURDAY                       | SUNDAY |      |
|--|------|--------------------------|-------------------------------|------------------------------|------------------|--------------------|--------------------------------|--------|------|
| <b>AQUACISE</b><br>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.   | 7am  |                          |                               |                              |                  |                    |                                |        | 7am  |
| <b>ZUMBA</b><br>Combine the calorie burning benefits of 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.   | 8am  |                          |                               |                              |                  |                    |                                |        | 8am  |
| <b>HIGH INTENSITY CIRCUITS</b><br>A combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high/low-intensity exercises.  | 9am  |                          |                               |                              | A Zumba 9am      | A Pilates 9am      |                                |        | 9am  |
| <b>ZUMBA TONING</b><br>This class fuses Latin rhythms & easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone & sculpt muscles.   | 10am |                          | W Boogie Bounce 9.30am        |                              | A Yogalates 10am |                    |                                |        | 10am |
| <b>YOGALATES</b><br>A mix of Pilates & Yoga designed to increase mobility, muscle, tone, flexibility & leave you feeling centred & calm.   | 11am | P Aquacise 10.30am       | A Zumba Toning 10.30am        | P Aquacise 10.30am           |                  | P Aquacise 10.15am | G High Intensity Circuits 10am |        | 11am |
| <b>LEGS, BUMS &amp; TUMS</b><br>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. | 12pm |                          | A Yoga 11.30am                | A Throwback Aerobics 11.30am |                  |                    |                                |        | 12pm |
| <b>THROWBACK AEROBICS</b><br>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!   | 1pm  |                          |                               | A Legs, Bums & Tums 12.30pm  |                  |                    |                                |        | 1pm  |
| <b>ZUMBA STEP</b><br>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!   | 2pm  | A Fitball 2pm            |                               | A Yoga 1.30pm                |                  |                    |                                |        | 2pm  |
| <b>YOGA</b><br>A physical & mental exercise using stretching & breathing to help improve posture & core stability, whilst helping you relax & release stress.  | 3pm  | A Zumba Step 3pm         |                               |                              |                  |                    |                                |        | 3pm  |
| <b>PILATES</b><br>A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.  | 4pm  |                          |                               |                              |                  |                    |                                |        | 4pm  |
| <b>FIT BALL</b><br>Using similar methods of Pilates to form a cardio/conditioning workout, using an array of equipment to assist.  | 5pm  |                          |                               |                              |                  |                    |                                |        | 5pm  |
| <b>KETTLEBELLS</b><br>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.                            | 6pm  | A Cycle 6pm              | A Full Body HIIT Circuits 6pm | A Kettlebells 7pm            | A Cycle 6pm      |                    |                                |        | 6pm  |
| <b>STRETCH &amp; MOBILITY</b><br>This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.   | 7pm  | A Stretch & Mobility 7pm | P Aquacise 7pm                | A Pilates 7pm                | A Pilates 7pm    |                    |                                |        | 7pm  |
| <b>BOOGIE BOUNCE</b><br>A high energy and low impact workout to get fit, have fun & bounce away fat! The exercise is performed on a trampet/mini trampoline with patented T-Bar handles.   | 8pm  |                          |                               | A Stretch & Mobility 7pm     |                  |                    |                                |        | 8pm  |
| <b>CYCLE</b><br>Cycle is a high-intensity exercise on a stationary bike. It combines cardio & endurance in a calorie-crunching session!  | 9pm  |                          |                               |                              |                  |                    |                                |        | 9pm  |

### Key

P - Swimming Pool

G - Gym

A - Arts Room

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