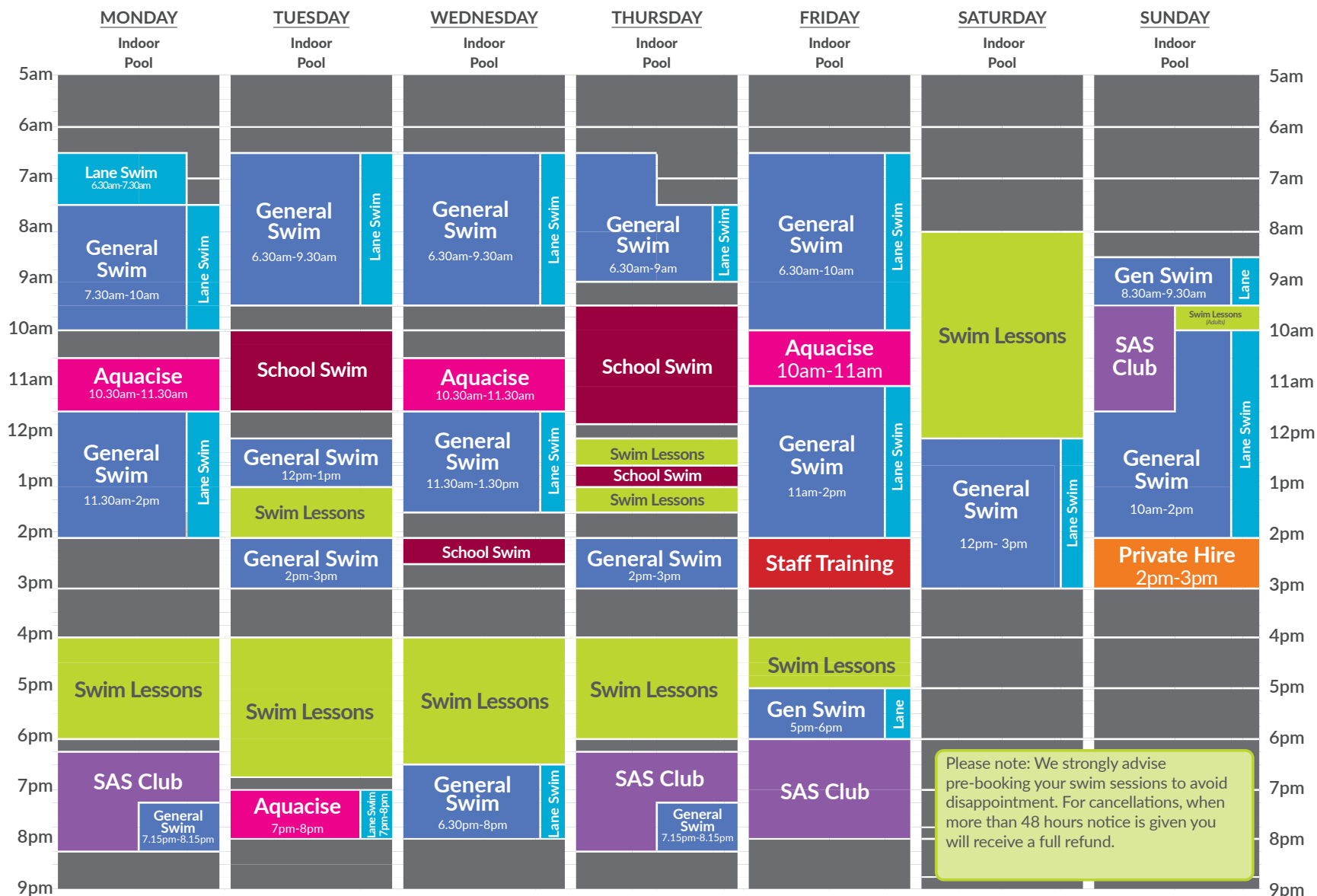


# Skegness Pool & Fitness Suite

## Indoor Pool Programme

6<sup>th</sup> November 2023 onwards

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



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.

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 Class Programme

6<sup>th</sup> November onwards

## KEY

<b>AQUACISE</b>	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.
<b>ZUMBA</b>	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.
<b>HIGH INTENSITY / HIIT CIRCUITS</b>	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.
<b>ZUMBA TONING</b>	This class fuses Latin rhythms & easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone & sculpt muscles.
<b>YOGA-LATES</b>	A mix of Pilates & Yoga designed to increase mobility, muscle, tone, flexibility & leave you feeling centred & calm.
<b>LEGS, BUMS &amp; TUMS</b>	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.
<b>THROWBACK AEROBICS</b>	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!
<b>ZUMBA STEP</b>	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!
<b>YOGA</b>	A physical & mental exercise using stretching & breathing to help improve posture & core stability, whilst helping you relax & release stress.
<b>PILATES</b>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
<b>FIT BALL</b>	Using similar methods of Pilates to form a cardio/conditioning workout, using an array of equipment to assist.
<b>BOOGIE BOUNCE</b>	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.
<b>CYCLE</b>	Cycle is a high-intensity exercise on a stationary bike. It combines cardio & endurance in a calorie-crunching session!
<b>KETTLEBELLS</b>	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.
<b>BOX FIT</b>	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.
<b>FLEX &amp; MOBILITY</b>	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.
<b>CORE &amp; STRETCH</b>	A class combining stretching & strength work to improve posture, core strength & mobility around the spine.

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

	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 Yoyalates 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 Cycle 6pm	A BOX FIT 6pm	A Kettlebells 6pm	A Legs, Bums & Tums 6pm				6pm
7pm		P Aquacise 7pm	A HIIT Circuits 7pm	A Core & Stretch 7pm				7pm
8pm		A Flex & Mobility 7pm						8pm
9pm								9pm

### Key

P - Swimming Pool  
G - Gym  
A - Arts Room

Stay up to date!  
Download our App.



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