

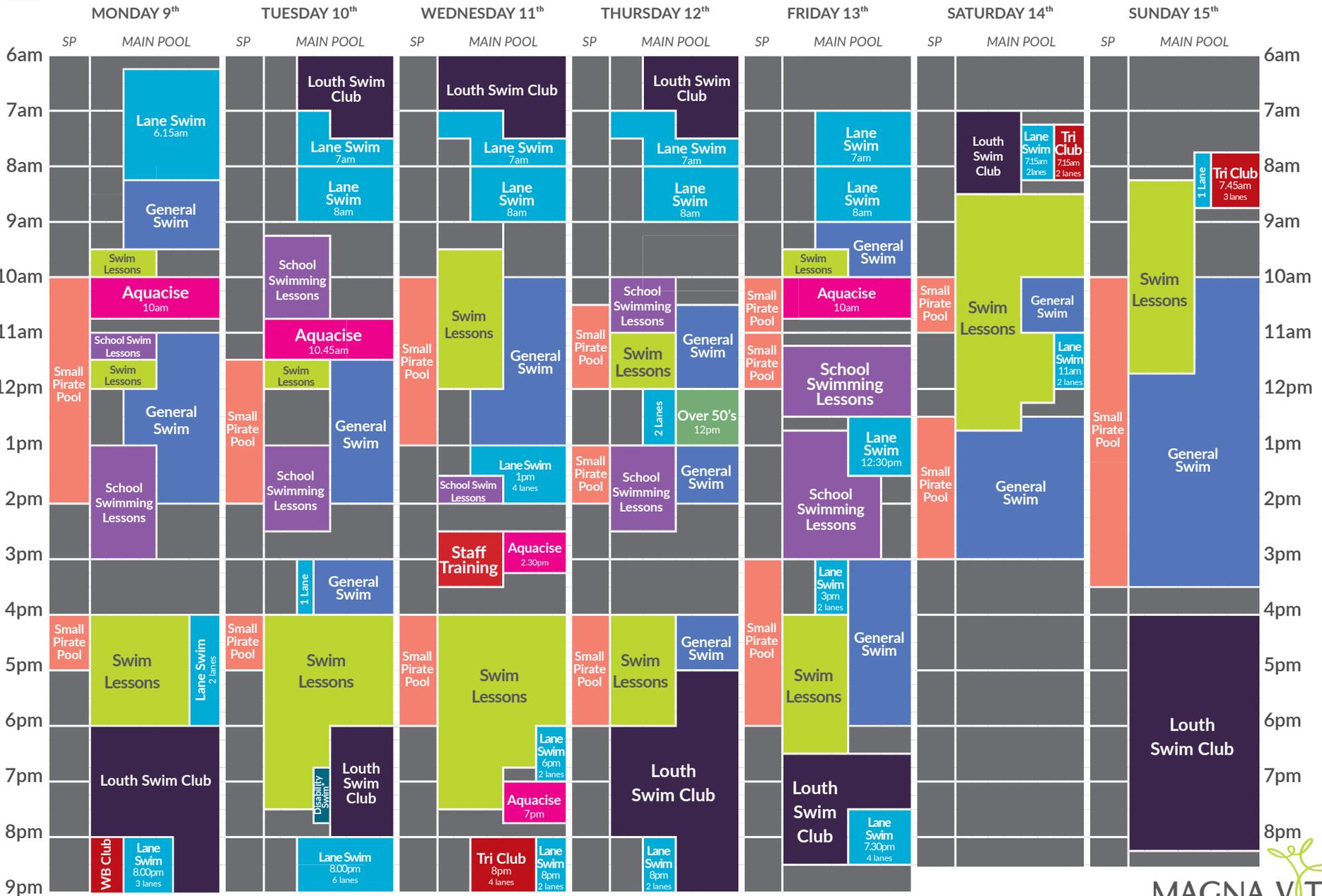
Meridian Leisure Centre

Fitness and Pool Programme

From 9th May 2022

	Swimming Prices				
	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
Swimming	£5.00	£4.20	£3.80	£1.70	FREE

Key	
SP	Small Pirate Ship Pool (32 degrees)
MAIN POOL	Main Pool: 25m in length and 8 lanes wide. (29 degrees)
FLUME	Our flume operates at weekends and 4pm-6pm on Monday to Friday.
NOTES	We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.



Meridian Leisure Centre

Instructor-Led Classes

Friday 7th - 22nd May 2022

	Exercise Class Prices			
	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.80	£5.65	£5.10	FREE
30mins	£2.85	£2.40	£2.15	FREE
Yoga/Pilates	£8.40	£7.00	£6.30	FREE

KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua-cise*	This session takes place in the swimming pool.							
(SH)	This session takes place in the Sports Hall.							
(C)	This session will take place in the Cycle Studio.							
(MP)	This session will take place in the Multi Purpose Room.							
(DS)	This session will take place in the Dance Studio.							
S2	This session will take place in Studio 2.							
6am								6am
7am								7am
8am				Funky Fitness (DS)	Cycle (DS)			8am
9am				Balance & Mobility (DS)				9am
10am		(SH) Body Conditioning	Pilates (S2) Cycle (DS)	ZUMBA (DS)	Fitness Pilates (DS)	Cycle (DS) ZUMBA (SH)	LatinFit (DS)	10am
11am		Pilates (DS & S2) Aquacise*	Funky Fitness 10.10am-10.40am	Pilates (S2)	Low Impact Aerobics (SH)	Pilates (S2) Aquacise*	Cycle (DS)	11am
12pm		Mature Movers (DS)	Aquacise*	Whole Body Exercise (DS)	Body Conditioning (SH)	Pilates (S2)		12pm
1pm		Pilates (S2)		Yoga (DS)				1pm
2pm								2pm
3pm				Aquacise*				3pm
4pm								4pm
5pm								5pm
6pm		Yoga (DS)	ZUMBA (DS)			Circuits (DS)		6pm
7pm		Yoga (S2) Cycle (DS)	Pilates (S2) Fight To Fitness (MP)	Clubfit (DS)	Power Hour (DS)			7pm
8pm				PIYo (S2) Aquacise*				8pm
9pm								9pm

Meridian Leisure Centre Virtual Dance Studio

From 7th - 29th May 2022

	Virtual Class Prices			
	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.80	£5.65	£5.10	FREE

Key		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Virtual Exercise Classes	6am							
	7am	RPM	RPM					
	8am	Les Mills BodyPUMP	SPRINT			Les Mills BodyPUMP	SPRINT	
Cardiac Rehab	9am	Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE	Les Mills CORE
	10am			Les Mills BodyCOMBAT	SPRINT	RPM		Les Mills BodyPUMP
	11am		Les Mills BodyPUMP		Cardiac Rehab	Les Mills BodyCOMBAT	Les Mills BodyPUMP	Les Mills Sh'Bam
Private Hire	12pm		Les Mills BodyCOMBAT			Les Mills BodyPUMP	Les Mills BodyCOMBAT	Les Mills CORE
	1pm		Les Mills BodyBALANCE				Les Mills BodyCOMBAT	Les Mills Grit-Cardio
	2pm	Les Mills BodyBALANCE		RPM			RPM	SPRINT
	3pm			RPM			Les Mills BodyCOMBAT	Les Mills Grit-Cardio
	4pm	Les Mills CORE	Les Mills BodyCOMBAT	RPM			RPM	
	5pm	Les Mills Sh'Bam	Les Mills CORE	Les Mills BodyPUMP			Les Mills BodyPUMP	
	6pm	Les Mills BodyPUMP	Les Mills BodyPUMP	Les Mills BodyCOMBAT		Les Mills BodyBALANCE		Private Hire
	7pm						Les Mills CORE	
	8pm					SPRINT	Les Mills Sh'Bam	
	9pm	RPM	Les Mills CORE	Les Mills BodyPUMP (45mins)	Les Mills BodyCOMBAT	SPRINT		

Meridian Leisure Centre

Instructor-Led Classes

Monday 23rd - Sunday 29th May 2022

	Exercise Class Prices			
	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.80	£5.65	£5.10	FREE
30mins	£2.85	£2.40	£2.15	FREE
Yoga/Pilates	£8.40	£7.00	£6.30	FREE

KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Aqua-cise*	This session takes place in the swimming pool.								
(SH)	This session takes place in the Sports Hall.								
(C)	This session will take place in the Cycle Studio.								
(MP)	This session will take place in the Multi Purpose Room.								
(DS)	This session will take place in the Dance Studio.								
S2	This session will take place in Studio 2.								
		6am						6am	
		7am						7am	
		8am		Funky Fitness (DS)				8am	
		9am		Balance & Mobility (DS)				9am	
		10am	Circuits (DS)	(SH) Body Conditioning	Pilates (S2)	Cycle (DS)	ZUMBA (DS)	ZUMBA (SH)	LatinFit (DS)
		11am	Pilates (DS & S2)	Aquacise*	Funky Fitness 10.10am-10.40am	Pilates (S2)	Low Impact Aerobics (SH)	Pilates (S2)	Aquacise*
		12pm	Mature Movers (DS)	Aquacise*	Whole Body Exercise (DS)	Body Conditioning (SH)	Pilates (S2)	Cycle (DS)	
		1pm	Pilates (S2)		Yoga (DS)				
		2pm							
		3pm			Aquacise*				
		4pm							
		5pm							
		6pm	Yoga (DS)	ZUMBA (DS)			Circuits (DS)		
		7pm	Yoga (S2)	Cycle (DS)	Pilates (S2)	Fight To Fitness (MP)	Clubfit (DS)		Power Hour (DS)
		8pm			PIYo (S2)	Aqua-cise*			
		9pm							

Meridian Leisure Centre Class Descriptions

From 7th - 29th May 2022

AQUACISE NICKI - Mondays at 10am, Wednesdays at 2:30pm & Fridays at 10am JULIE - Wednesdays at 7pm ELLIE - Tuesdays at 10.45am	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.	RPM™ Is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session.
BODY CONDITIONING DONNA - Mondays at 9.15am & Thursdays at 11.15am	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	Sprint™ Is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
PILATES DONNA - Mondays at 10.15am & 12.15pm, Tuesdays 7pm, Wednesdays at 10.15am, Fridays at 10.15am & 11.15am ANGIE - Mondays at 10:15am & Tuesdays at 9:30am	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	BodyBALANCE™ The yoga-based class that will improve your mind, your body and your life. During BODYBALANCE an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.
MATURE MOVERS DONNA - Mondays at 11.15am	A 45 minute class designed for those who want a lower impact exercise session using a variety of toning and mobility exercises some of which will be chair based.	BodyCOMBAT™ A fast paced cardiovascular workout that will burn the calories while you punch, kick and jump through pre choreographed tracks with booming music. Great for overall fitness and muscle tone.
YOGA SUSAN - Mondays at 6pm and 7pm & Wednesdays at 12.15pm	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress	BodyPUMP™ A great full body workout set to great music using light weights and high repetition's to burn calories and help increase muscle tone. Working at your level to hit the muscles you didn't know you had!
FITNESS PILATES SAMMY - Thursdays at 9.15am	Pilates based exercises combined functional movements to improve posture, alignment and balance.	CORE™ Exercising muscles around the core, core work provides vital ingredient to a stronger body. As well as the stomach, expect to work hip, butt and lower back.
LATINFIT KELLY - Saturdays at 9.30am	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!	GRIT™ Is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle.
CYCLE SAMMY - Tuesdays at 9.15am & Wednesdays at 7.30pm GEORGE - Mondays at 7pm & Fridays at 9.15am LIFESTYLE CONSULTANT - Thursdays at 7:15am & Saturdays at 10.30am	The cycle bikes will be placed outdoor for an outdoor cycle session. Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session!	Sh'Bam™ A fun loving insanely addictive dance workout. No dance experience required. An insanely addictive group dance class, featuring fun, simple yet sassy dance moves, all set to a party playlist.
POWER HOUR GEORGE - Thursdays at 6pm	Power Hour is a 'functional strength training' class which will help to improve your strength, posture and flexibility.	
ZUMBA DONNA - Tuesdays at 6pm, Wednesdays at 9.15am & Fridays at 9.15am	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 & get fit & bring your Latin spirit with you.	
WHOLE BODY EXERCISE MARION - Wednesdays at 11.15am	Based on natural body movements; improves posture/strengthens core; works major muscle groups; CV workout; improves coordination and balance; variety of rhythms influence movement dynamics; suitable for all ages, male and female; work at your own pace; fun.	
LOW IMPACT AEROBICS DONNA - Thursdays at 10.15am	A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.	
CLUBFIT KELLY - Wednesdays at 6:30pm	Aerobic dance exercise to old skool tunes in a darkened room with disco lights. (Glowsticks optional).	
PIYO KELLY - Wednesdays at 7:30pm	PIYO combines the strengthening benefits of Pilates with the flexibility enhancing effects of yoga.	
CIRCUITS LIFESTYLE CONSULTANT - Fridays at 5:30pm	Circuit training is a high intensity workout designed to increased your strength and cardiovascular system. Delivered by our Lifestyle Consultants and suitable for all abilities.	
FUNKY FITNESS ELLIE - Tuesdays at 10.10am & Wednesdays at 7.15am	A fun and energetic 30 minute workout. A great way to tone muscles and burn calories. Suitable for all abilities.	
FIGHT TO FITNESS CARRIE - Tuesdays at 6:45pm	An exercise concept based on the training methods used by boxers. Sessions typically involve hitting focus pads and no class involves hitting an opponent. It is a fun, challenging and safe workout which is great for stress busting, accessible to all ages and fitness level.	
BALANCE & MOBILITY ELLIE - Wednesdays at 8am	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.	

Stay up to date!
 Download our App for free from your App Store!



magnavitae.org

MAGNA VITAE
 TRUST FOR LEISURE & CULTURE