Skegness Pool & Fitness Suite

Indoor & Outdoor Pool Programme

Prices	MONDAY		IDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
		Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	Indoor Pool	Outdoor Pool	
1/2 Day Session (10am-1.30pm/.1.30pm-5pm)	5am		Pool	Pool	Pool		Pool	Pool	Pool	Pool	Pool	Pool	Pool	Pool	Poor	5am
Wanting to book all day? Book two sessions back to back!	6am	SAS Club				SAS Club										6am
Non Member £12.00	7am	Lane Swim		General		Lane Swim		General								7am
Adult MV Card Holder £9.00	7 alli	6.30am- 7.30am		Swim 6.30am-		6.30am- 7.30am		Swim 6.30am-		General						/ dill
Child MV Card Holder £8.00	8am	General		8am	General	General		8am	General	Swim				1.0		8am
3 & 4yrs £5.50	-	Swim			Swim	Swim			Swim	6.30am-						
90 minute Session	9am	7.30am-			8am- 9.30am	7.30am- 10am			8am- 9.30am	10am						9am
(Spaced throughout the day)	10am	10am										Cusino				10am
Non Member £6.50	_			School				School		Aquacise		Swim Lessons		SAS		
Adult MV Card Holder £5.50	11am			Swim		Aquacise 10.30am		Swim		10.15am -11.15am				Club		11am
Child MV Card Holder £5.00 3&4yrs £3.00	12pm	Aquacise 11am-12pm				-11.30am								General		12pm
304yis £3.00	12pm				General Swim								General	Swim	General	120111
60 minute Session	1pm				11.30am- 1.30pm			School				General Swim	Swim	sessions between	Swim	1pm
(Spaced throughout the day)				School Swim				Swim				sessions	sessions between	8.30am	sessions between	
Non Member £4.80 Adult MV Card Holder £4.00	2pm					School		Lessons	General			between 12.15pm -	10am-5pm	-3pm	10am-5pm	2pm
Child MV Card Holder £3.60	3pm			Staff Training		5511551	General	3011001	Swim 11.45am-		General	3pm		NPLQ		3pm
3&4yrs £1.70			General Swim				Swim 12pm-		6.15pm		Swim 12pm-6pm			IVI EQ		l
	4pm		12pm -7pm				6.30pm					NPLQ Course		Private Hire		4pm
Spectator £2.40	5pm	Swim			General			Swim		Swim Lessons		Course		4pm-5pm		5pm
Sun Lounger £2.00	Эрш	Lessons		Swim	Swim 4pm-6pm	Swim Lessons		Lessons								Эрш
We strongly advise pre-booking	6pm			Lessons		LCSSOTIS										6pm
your swim sessions to avoid	_					General				SAS						_
disappointment. General Swim sessions are non-refundable and	7pm	SAS Club		Aqua Jog	Lane Swim	Swim 6.30pm-		SAS Club		Club						7pm
non-transferable if cancelled within 48hours of the session	8pm	Club			7pm-8pm	8pm		Club								8pm
time.																
F: info@mytlc.org	9pm															9pm

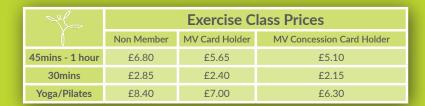
E: info@mvtlc.org T: 01754 610675 W: magnavitae.org

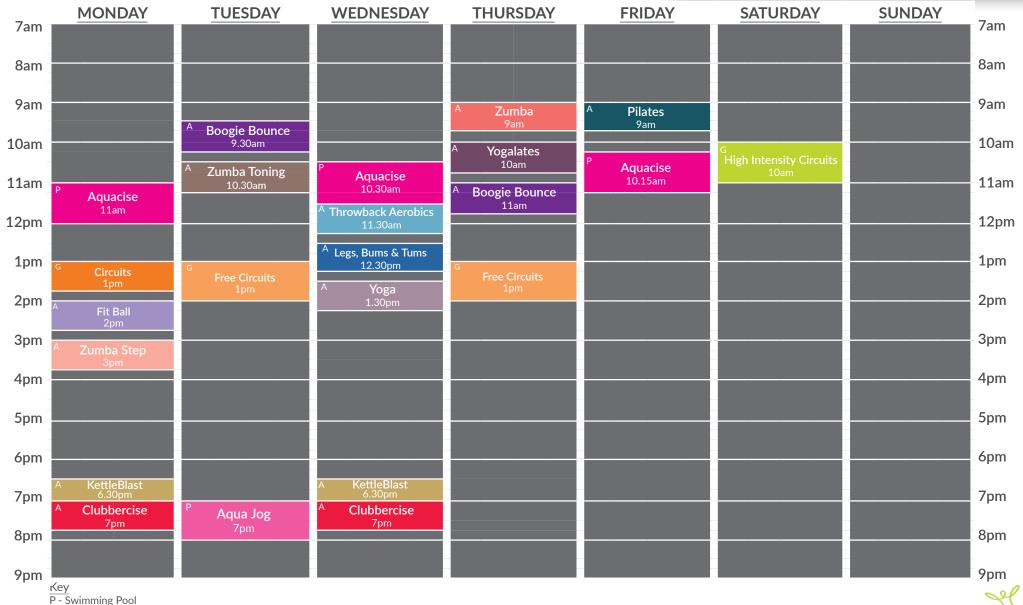


Skegness Pool & Fitness Suite

Exercise Classes

From 4th - 24th July 2022





magnavitae.org

G - Gym A - Arts Room

Skegness Pool & Fitness Suite Exercise Class Descriptions

From 4th - 24th July 2022

AQUACISE Mondays at 11am, Wednesdays at 10.30am & Fridays at 10.15am	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	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.
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.
CLUBBERCISE Mondays and Wednesdays at 7pm	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	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 10.30am	This class fuses Latin ryhthms and easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone and sculpt muscles.
YOGALATES 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 Tuesdays at 9:30am & 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!
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!
CIRCUITS Mondays at 1pm	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.
ZUMBA STEP Mondays at 3pm	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!
KETTLEBLAST Mondays and Thursdays at 6:30pm	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.
FREE CIRCUITS Tuesdays and Thursdays at 1pm	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.
YOGA Wednesdays at 1.30pm	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
PILATES Fridays at 9am	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
FIT BALL Mondays at 2pm	Using similar methods of Pilates to form a cardio/conditioning workout, using an array of equipment to assist.



