

Skegness Pool & Fitness Suite

Indoor & Outdoor Pool Programme

From 4th - 24th July 2022

Prices

1/2 Day Session
(10am-1.30pm/1.30pm-5pm)
Wanting to book all day? Book two sessions back to back!

Non Member	£12.00
Adult MV Card Holder	£9.00
Child MV Card Holder	£8.00
3 & 4yrs	£5.50

90 minute Session
(Spaced throughout the day)

Non Member	£6.50
Adult MV Card Holder	£5.50
Child MV Card Holder	£5.00
3&4yrs	£3.00

60 minute Session
(Spaced throughout the day)

Non Member	£4.80
Adult MV Card Holder	£4.00
Child MV Card Holder	£3.60
3&4yrs	£1.70

Spectator	£2.40
Sun Lounger	£2.00

We strongly advise pre-booking your swim sessions to avoid disappointment. General Swim sessions are non-refundable and non-transferable if cancelled within 48hours of the session time.

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

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

	MONDAY		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	
5am															5am
6am	SAS Club				SAS Club										6am
7am	Lane Swim 6.30am-7.30am		General Swim 6.30am-8am		Lane Swim 6.30am-7.30am		General Swim 6.30am-8am								7am
8am	General Swim 7.30am-10am			General Swim 8am-9.30am	General Swim 7.30am-10am			General Swim 8am-9.30am	General Swim 6.30am-10am						8am
9am															9am
10am											Swim Lessons				10am
11am	Aquacise 11am-12pm		School Swim		Aquacise 10.30am-11.30am		School Swim		Aquacise 10.15am-11.15am				SAS Club		11am
12pm				General Swim 11.30am-1.30pm									General Swim sessions between 8.30am-3pm		12pm
1pm												General Swim sessions between 12.15pm-3pm			1pm
2pm			School Swim				School						General Swim sessions between 10am-5pm		2pm
3pm		General Swim 12pm-7pm	Staff Training		School		General Swim 11.45am-6.15pm			General Swim 12pm-6pm			NPLQ		3pm
4pm												NPLQ Course		Private Hire 4pm-5pm	4pm
5pm	Swim Lessons			General Swim 4pm-6pm	Swim Lessons			Swim Lessons		Swim Lessons					5pm
6pm			Swim Lessons												6pm
7pm	SAS Club				General Swim 6.30pm-8pm			SAS Club		SAS Club					7pm
8pm			Aqua Jog 7pm-8pm	Lane Swim 7pm-8pm											8pm
9pm															9pm

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Exercise Classes

From 4th - 24th July 2022

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

	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 Yogalates 10am		G High Intensity Circuits 10am		10am
11am	P Aquacise 11am	A Zumba Toning 10.30am	P Aquacise 10.30am	A Boogie Bounce 11am	P Aquacise 10.15am			11am
12pm			A Throwback Aerobics 11.30am					12pm
1pm	G Circuits 1pm	G Free Circuits 1pm	A Legs, Bums & Tums 12.30pm	G Free Circuits 1pm				1pm
2pm	A Fit Ball 2pm		A Yoga 1.30pm					2pm
3pm	A Zumba Step 3pm							3pm
4pm								4pm
5pm								5pm
6pm								6pm
7pm	A KettleBlast 6.30pm		A KettleBlast 6.30pm					7pm
8pm	A Clubbercise 7pm	P Aqua Jog 7pm	A Clubbercise 7pm					8pm
9pm								9pm

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

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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 rhythms 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.

