

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

18th - 31st December

Pricing for	Non Member	MV Card Holder	MV Concession Card Holder	Age 3-4yrs	Under 2's
Swimming	£5.20	£4.40	£4.00	£1.80	FREE

We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.

SP	Small Pirate Ship Pool (32 degrees)	FLUME	Our flume operates when the leisure pool is open.
MAIN POOL	Main Pool: 25m in length and 8 lanes wide. (29 degrees)	AQUACISE*	Aquacise (45 minute class) sessions start 5 minutes into a time block. i.e. Aquacise on Monday is 10:05am-10:50am.

BOTH SWIMMING POOLS CLOSED | MONDAY 18th to FRIDAY 22nd DECEMBER

Please note: There are NO swimming lessons from Monday 18th December- Friday 29th December, and on Monday 1st January. There will be NO Gymnastics from Monday 18th December - Friday 5th January.
Friday 5th January - The venue will close early for our annual staff party, swimming lessons and gymnastics will run as normal up to 6pm, any sessions after this time are cancelled.

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Meridian Leisure Centre

Wellness Studio Programme

18th - 31st December

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

WELLNESS HOUR

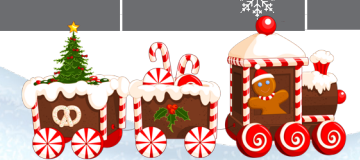
Wellness Hour is a quiet session for users and members to use for stretching, light aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.

NO EXERCISE CLASSES BETWEEN MONDAY 18th - FRIDAY 22nd DECEMBER
 Venue closed 20th-22nd December
Please note: There are no instructor-led classes taking place below, to allow all freelancers the chance to spend some quality time with family and friends.

	SATURDAY 23 rd	SUNDAY 24 th	MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	FRIDAY 29 th	SATURDAY 30 th	SUNDAY 31 st
6am									
7am									
8am							Wellness Hour		
9am									
10am		Wellness Hour							Wellness Hour
11am	Wellness Hour							Wellness Hour	
12pm									
1pm									
2pm									
3pm									
4pm									
5pm									
6pm									
7pm							Wellness Hour		
8pm						Wellness Hour	Wellness Hour		
9pm									



Christmas Day
 CLOSED
 Boxing Day
 CLOSED



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Meridian Leisure Centre

Fitness Suite & Cycle Studio Programme

18th - 25th December

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE
Vitrual Classes	£3.50	£2.90	£2.60	FREE

NO EXERCISE CLASSES BETWEEN MONDAY 18th - FRIDAY 22nd DECEMBER
 Venue closed 20th-22nd December
 Please note: The team will deliver classes as normal when the venue is open.

Virtual RPM™
 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.

Virtual SPRINT™
 A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results..

Cycle
 Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!

SYNRGY*
 Taking place on the gym floor these classes are a great way to improve your strength and fitness whilst preparing your body for everyday tasks.

Fight to Fitness*
 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 abilities and fitness levels. (Ages 16+)

	MONDAY 18 th	TUESDAY 19 th	WEDNESDAY 20 th	THURSDAY 21 st	FRIDAY 22 nd	SATURDAY 23 rd	SUNDAY 24 th
6am		CYCLE	Maintenance CLOSED	Maintenance CLOSED	Maintenance CLOSED		
7am	SYNRGY*						
8am		SPRINT					
9am							
10am	CYCLE	CYCLE					
11am							
12pm		RPM					
1pm							
2pm							
3pm							
4pm		RPM					
5pm		SPRINT					
6pm	CYCLE	SPRINT	Fight to Fitness*				
7pm		RPM					
8pm	RPM						
9pm	RPM	SPRINT					

* - This session takes place in the functional area of the gym.



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Meridian Leisure Centre

Fitness Suite & Cycle Studio Programme

25th - 31st December

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£6.95	£5.75	£5.20	FREE
Virtual Classes	£3.50	£2.90	£2.60	FREE

NO EXERCISE CLASSES BETWEEN MONDAY 18th - FRIDAY 22nd DECEMBER
 Venue closed 20th-22nd December
 Please note: The team will deliver classes as normal when the venue is open.

- Virtual Beginner RPM

New to cycling? Why not join us for a virtual RPM class. You will be shown how to set the bike up and how it works.
- Virtual RPM™

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.
- Virtual SPRINT™

A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results..
- Cycle

Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!
- SYNRGY*

Taking place on the gym floor these classes are a great way to improve your strength and fitness whilst preparing your body for everyday tasks.
- Running Class*

This class involves strength and conditioning, focusing on building strength and endurance in to the core, hips, knees and legs in general. It will be beneficial to runners who may have reoccurring injuries, or notice they have weaknesses in their legs or want to avoid injuries and improve their running.

	MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	FRIDAY 29 th	SATURDAY 30 th	SUNDAY 31 st	
6am								
7am	❄️	❄️						
8am	❄️			RPM	RPM			
9am				RPM	SPRINT			
10am	Christmas Day CLOSED	Boxing Day CLOSED			CYCLE			
11am					RPM	RPM	CYCLE	
12pm						SPRINT		
1pm						RPM	SPRINT	
2pm							SPRINT	
3pm			RPM					
4pm			SPRINT	RPM	SPRINT			
5pm			RPM	SPRINT	SPRINT			
6pm	❄️	❄️	RPM	RPM	SYNRGY*	BEGINNER RPM		
7pm	❄️		CYCLE	RPM	Running Class*	SPRINT		
8pm		❄️						
9pm								

* This session takes place in the functional area of the gym.



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Virtual BodyBALANCE™
The yoga-based class that will improve your mind, your body and your life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

Virtual BodyCOMBAT™
A fast paced cardiovascular workout that will burn the calories while you punch, kick and jump through pre choreographed tracks with booming music.

Virtual 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.

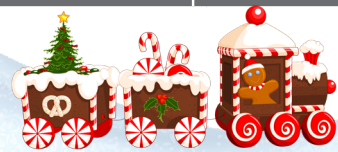
Virtual CORE™
Exercising muscles around the core, cx worx provides vital ingredient to a stronger body. As well as the stomach, expect work hip, butt & lower back.

Virtual 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.

NO EXERCISE CLASSES BETWEEN MONDAY 18th - FRIDAY 22nd DECEMBER
Venue closed 20th-22nd December

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
Vitrual Classes	£3.50	£2.90	£2.60	FREE

	SATURDAY 23 rd	SUNDAY 24 th	MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th	FRIDAY 29 th	SATURDAY 30 th	SUNDAY 31 st	
6am										
7am										
8am										
9am	Les Mills BodyBALANCE					Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		
10am	Latin Fit	Les Mills BodyPUMP	Christmas Day CLOSED	Boxing Day CLOSED					Les Mills BodyPUMP	
11am	Les Mills BodyCOMBAT	Les Mills BodyBALANCE							Les Mills BodyCOMBAT	Les Mills BodyBALANCE
12pm	Les Mills BodyPUMP	Les Mills Sh'Bam							Les Mills BodyPUMP	Les Mills Sh'Bam
1pm		Les Mills CORE								Les Mills CORE
2pm	Les Mills Sh'Bam						Les Mills BodyPUMP		Les Mills Sh'Bam	
3pm								Les Mills BodyCOMBAT		
4pm							Les Mills BodyPUMP			
5pm							Les Mills BodyCOMBAT	Les Mills BodyPUMP		
6pm										
7pm								Les Mills CORE		
8pm						Les Mills Sh'Bam				
9pm										



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NO ACCESS TO THE SPORTS HALL BETWEEN MONDAY 18th - FRIDAY 22nd DECEMBER
 Venue closed 20th-22nd December

OVER 45'S

Holiday Activity and Food Programme

Have a go at badminton, new age kurling, short mat bowls or table tennis! A great way to socialise and meet up weekly. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)

'HAF' is the Holiday Activity & Food programme funded by the government.

The aim is to provide opportunities to be active, socialise and providing fun ways to learn about food education as well as a free meal at every session.

Parents should receive HAF voucher codes. Each child that is eligible for HAF funding will receive 4 HAF voucher codes to use over the December school holidays.

Eligibility for HAF places can be found on Lincolnshire County Council's website by clicking here.

Families who are eligible for HAF funding will be notified by their child's school and receive an e-Voucher code (via the school). These codes will be provided with a website link to the booking system. The booking system will show all HAF programmes within Lincolnshire, so that families can see availability and choose where to book!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am							
9am							
10am	Christmas Day CLOSED	Boxing Day CLOSED	Holiday Activity and Food Programme	Holiday Activity and Food Programme	Holiday Activity and Food Programme		
11am							
12pm							
1pm							
2pm				Set Up / Take-Down			
3pm				Over 45s Session			
4pm				Set Up / Take-Down			
5pm							
6pm							
7pm							
8pm							

Don't forget, court hire is included in your membership... *Book on the day.*

Payment must be made on booking. A booking can be made up to a week in advance.
 Please note: bookings must be cancelled at least 48 hours in advance for a refund.

