

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

From 8th January

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

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
		SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	
6am	SP															6am
7am	MAIN POOL															7am
8am	FLUME															8am
9am	NOTES															9am
10am																10am
11am	AQUACISE*															11am
12pm																12pm
1pm	INCLUSIVE SWIM															1pm
2pm																2pm
3pm																3pm
4pm																4pm
5pm																5pm
6pm																6pm
7pm																7pm
8pm																8pm
9pm																9pm

Our WaterWise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'.

Please note:
Our Programme is subject to change at the discretion of our Duty Manager. Unfortunately, this is often for reasons beyond our control. Thank you for all of your support and understanding!

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Meridian Leisure Centre

Wellness Studio Programme

From 8th January

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

KEY

PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress
STRETCH & RELAX	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
BALANCE & MOBILITY	This class designed to improve your balance, mobility, posture and stability through light exercise & stretching.
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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am	Wellness Hour				Wellness Hour		
8am		Wellness Hour					
9am							
10am	Pilates		Balance & Mobility				Wellness Hour
11am			Pilates		Pilates	Wellness Hour	
12pm		Yoga			Pilates		
1pm	Pilates		Stretch & Relax				
2pm							
3pm							
4pm							
5pm				Yoga			
6pm		Yoga	Pilates	Wellness Hour			
7pm							
8pm		Pilates	Wellness Hour		Wellness Hour		
9pm							

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Meridian Leisure Centre

Fitness Suite & Cycle Studio Programme

From 8th January

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
Vitruval Classes	£3.50	£2.90	£2.60	FREE

KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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.	6am						6am
		7am	CYCLE					7am
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.	8am	SPRINT		RPM	RPM		8am
		9am			RPM	SPRINT		9am
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results..	10am	CYCLE			CYCLE		10am
		11am	CYCLE			RPM	CYCLE	11am
Cycle	Cycle is high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	12pm			RPM	SPRINT		12pm
		1pm	RPM		RPM	SPRINT	SPRINT	1pm
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.	2pm					RPM	SPRINT
		3pm				RPM		BEGINNER RPM
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.	4pm	RPM	RPM	RPM	SPRINT		RPM
		5pm	SPRINT	SPRINT	SPRINT	RPM		SPRINT
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+)	6pm	RPM	RPM	SPRINT	SPRINT		RPM
		7pm	CYCLE	SPRINT	Fight to Fitness*	RPM	SYNRGY*	BEGINNER RPM
		8pm	RPM	CYCLE	RPM	Running Class*	RPM	
		9pm	RPM	SPRINT	RPM			

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

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Meridian Leisure Centre

Dance Studio Programme

From 8th January

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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
Vitruat Classes	£3.50	£2.90	£2.60	FREE

KEY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BODY CONDI- TIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	6am													6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	7am													7am
			Les Mills BodyPUMP												
MATURE MOVERS	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.	8am													8am
			Les Mills CORE	Les Mills BodyBALANCE			Les Mills BodyBALANCE	Les Mills CORE		Les Mills BodyBALANCE					9am
		9am													
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	10am	Body Conditioning	Pilates	Zumba	Fitness Pilates	Zumba	Latin Fit	Les Mills BodyPUMP						10am
			Pilates	Funky Fitness (10.10am)	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE						11am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.	11am													
			Mature Movers	Balance & Mobility	Whole Body Exercise	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam						12pm
LATIN FIT	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!	12pm													
		1pm	Pilates		Yoga			Les Mills BodyPUMP	Les Mills CORE						1pm
ZUMBA	Combine the calorie burning benefits of traditional aerobics with fun dance moves and you have Zumba. Catering for every ability. Come and get fit & bring your Latin spirit with you.	2pm			Les Mills BodyPUMP				Les Mills Sh'Bam						2pm
					Private Hire			Les Mills BodyCOMBAT							3pm
WHOLE BODY EXERCISE	Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence movement dynamics; suitable for all ages, male and female; work at your own pace; fun.	3pm												Les Mills BodyPUMP	4pm
		4pm	Les Mills Sh'Bam	Les Mills CORE	Les Mills BodyPUMP									Les Mills BodyBALANCE	5pm
		5pm						Les Mills BodyPUMP						Private Hire	6pm
LOW IMPACT AEROBICS	A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.	6pm	Fitness Pilates		Les Mills BodyCOMBAT	Les Mills BodyPUMP	Zumba								7pm
			Yoga	Zumba											
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.	7pm			CLUBFIT	Body Conditioning	Les Mills CORE								8pm
			Yoga	Les Mills BodyPUMP	PiYo	Les Mills BodyCOMBAT	Les Mills Sh'Bam								
FUNKY FITNESS	A fun and energetic 30 minute workout. A great way to tone muscles and burn calories. Suitable for all.	8pm													
			Les Mills BodyCOMBAT	Les Mills CORE	Les Mills BodyPUMP (45mins)										9pm
BALANCE & MOBILITY	This class designed to improve your balance, mobility, posture and stability through light exercise & stretching.		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.								
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!		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 to work hip, butt & lower back.								

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

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.

OVER 45s	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)								
MV GYMNASTICS	Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNDamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work.								
MV PANTHERS	MV Panthers is Magna Vitae's very own basketball group for juniors aged 8-17yrs. We aim to develop a passion for basketball in juniors by teaching them the fun sport itself and developing their skills - whilst also teaching the importance of teamwork.								
LOUTH BADMINTON CLUB	A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm. They play social mixed badminton and welcome all abilities. To contact us, either email us at: louthbc2020@gmail.com or come and join in!								
SOCIAL WALKING NETBALL	Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)								
WHEELCHAIR BASKETBALL LOUTH JAGUARS	Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players (the majority of the team) it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and helping to build self-confidence so that each person feels a valued member of the team. We welcome people of all ages and abilities.								
LOUTH NETBALL CLUB	There are 4 sessions: 5:00-6:00pm: (Years 2-6); 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) & 8:00-9:00pm: (Age 16+). For additional information, please email: carolynblackburn0409@gmail.com								
PICKLE-BALL CLUB	Easy to play and simple to learn for people of all ages. It's the fastest growing sport in America! Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment will be provided.								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7am									7am
8am				Set Up / Take-Down				Set Up / Take-Down	8am
9am									9am
10am		Set Up / Take-Down							10am
11am		Over 45s Session				Home Education	MV Gymnastics (Rise)	Louth Cricket Club	11am
12pm		Set Up / Take-Down		MV Gymnastics (Pre-school)				Set Up / Take-Down	12pm
1pm		Social Walking Netball							1pm
2pm		Set Up / Take-Down			Set Up / Take-Down			Set Up / Take-Down	2pm
3pm		Pickleball				Set Up / Take-Down		Louth Cricket Club	3pm
4pm	Set Up / Take-Down			Set Up / Take-Down	Over 45s Session		MV Gymnastics (Pre-school)	Set Up / Take-Down	4pm
5pm	Louth Cricket Club		MV Panthers (Under 12 squad) 8-11yrs	Set Up / Take-Down			Set Up / Take-Down		5pm
6pm	Set Up / Take-Down		MV Panthers (Under 14 squad) 12-13yrs						6pm
7pm	Back to Netball	Set Up	MV Panthers (Under 16 squad & Under 18 squad) 14-15yrs & 16-17yrs						7pm
8pm	Set Up / Take-Down	Social Badminton	Wheelchair Basketball Louth Jaguars	Louth Netball Club				Louth Netball Club	8pm
9pm	Louth Badminton Club								9pm