

# Meridian Leisure Centre

# Main Pool & Leisure Pool Programme

9<sup>th</sup> September - 20<sup>th</sup> October

		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															
7am	SP	Louth Swim Club	Lane Swim 6.15am-9am		Louth Swim Club		Louth Swim Club		Louth Swim Club		Lane Swim 6.15am-9am				
8am	MAIN POOL				Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am				Lane Swim 7.30am	Tri Club 7.45am 3 lanes	
9am	FLUME														
10am	NOTES		Swim Lessons		School Swim	General Swim		General Swim		Swim Lessons	General Swim				
11am			Aquacise* 10:05-10:50am		General Swim	Swim Lessons	General Swim		Aquacise* 10:05-10:50am		Swim Lessons	General Swim		Swim Lessons	
12pm	AQUACISE*	Small Pirate Pool	Swim Lessons	General Swim	Small Pirate Pool	Swim Lessons	Aquacise* 12:15-1pm	Small Pirate Pool	Swim Lessons	General Swim	School Swim	General Swim	Small Pirate Pool	General Swim	
1pm	INCLUSIVE SWIM								Over 50's 12pm	General Swim	School Swim	Lane Swim	Small Pirate Pool	General Swim	
2pm			School Swim	Focus Ability					School Swim					Family Fun Splash	
3pm			General Swim				Staff Training		Inclusive Swim					General Swim	
4pm		Small Pirate Pool	Swim Lessons	Lane Swim 2 lanes	Small Pirate Pool	Swim Lessons		Small Pirate Pool	Swim Lessons	General Swim			121 Swim Lessons	Family Fun Splash	121 Lessons
5pm					Swim Lessons	General Swim 5pm 2 lanes	Inclusive Swim		Swim Lessons					Party Hire	
6pm															Louth Swim Club
7pm			General Swim	Louth Swim Club		General Swim 6.45pm 2 lanes	Louth Swim Club		Lane Swim 6pm 2 lanes		Louth Swim Club				
8pm															
9pm		WB Club	Lane Swim 8.00pm 2 lanes		General Swim 8.00pm 3 lanes	Lane Swim 8.00pm 3 lanes		Tri Club 8pm 5 lanes	Lane Swim 8pm 3 lanes		Lane Swim 7.30pm 2 lanes	Gen Swim 7.30pm 2 lanes			

**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.

**AQUACISE\*** Aquacise (45 minute class) sessions start 5 minutes into a time block. i.e. Aquacise on Monday is 10:05am-10:50am.

**INCLUSIVE SWIM** This is an open session but factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting rather than artificial lighting where possible.

On Tuesday and Thursday mornings between 6am-10am there will be no music playing within the pool area and corridors.

Please note that the accessibility steps can be used to enter the swimming pool during swimming sessions, please ask at reception for them at arrival. Steps can not be used during Aquacise sessions.

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

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

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.50	£4.60	£4.20	£2.00	FREE

**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!

# Meridian Leisure Centre

# Wellness Studio Programme

9<sup>th</sup> September - 20<sup>th</sup> October

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE

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

- 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
- CORE & STRETCH**  
A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
- BALANCE & MOBILITY PILATES**  
Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and stretching to promote overall well-being.
- 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.

magnavita.org

# Meridian Leisure Centre

# Fitness Suite & Cycle Studio Programme

9<sup>th</sup> September - 20<sup>th</sup> October

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitrual Classes	£3.60	£3.00	£2.65	FREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
Virtual Beginner RPM		RPM					
7am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM	
8am	RPM		SPRINT	RPM	SPRINT		
Virtual RPM™		SPRINT			CYCLE	SPRINT	
9am							
10am	CYCLE	CYCLE			RPM	CYCLE	
Virtual SPRINT™				RPM	SPRINT		
11am							
12pm		RPM		RPM	SPRINT	SPRINT	
Cycle							
1pm						RPM	SPRINT
2pm					RPM	RPM	BEGINNER RPM
SYNRGY*							
3pm	SPRINT		RPM			SPRINT	RPM
4pm	RPM	SPRINT	SPRINT	RPM	SPRINT	RPM	SPRINT
5pm	RPM	RPM	RPM	SPRINT	SPRINT	RPM	RPM
6pm	CYCLE	SPRINT	RPM	RPM	BEGINNER RPM		SPRINT
7pm		RPM	CYCLE	RPM	SPRINT		
8pm	RPM			RPM	RPM		
9pm	RPM	SPRINT	RPM				

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

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.

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.

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

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

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.

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+)

magnavita.org

# Meridian Leisure Centre

# Dance Studio Programme

9<sup>th</sup> September - 20<sup>th</sup> October

magnavitae.org

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.10	£5.90	£5.30	FREE
Yoga/Pilates	£8.90	£7.30	£6.60	FREE
Vitrual Classes	£3.60	£3.00	£2.65	FREE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>BODY CONDITIONING</b>	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.								
<b>PILATES</b>	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.								
<b>MATURE MOVERS</b>	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.								
<b>YOGA</b>	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.								
<b>FITNESS PILATES</b>	Pilates based exercises combined functional movements to improve posture, alignment and balance.								
<b>LATIN FIT</b>	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!								
<b>ZUMBA</b>	Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability. Get fit & bring your Latin spirit with you.								
<b>WHOLE BODY EXERCISE</b>	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.								
<b>LOW IMPACT AEROBICS</b>	A great class based around traditional aerobics music with great music with the choreography designed to be slightly slower tempo than aerobics.								
<b>CLUB FIT</b>	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.								
<b>RIP</b>	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!								
<b>BALANCE &amp; MOBILITY</b>	Immerse yourself in a dynamic circuit-style class tailored to enhance your balance, mobility, posture, and stability. Experience the benefits of light exercise and stretching as you progress towards improved overall functionality.								
<b>PIYO</b>	PIYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program that'll get you incredibly defined.								
		6am						6am	
		7am						7am	
		8am	Les Mills BodyPUMP					8am	
			Les Mills CORE	Les Mills BodyBALANCE	Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		
		9am						9am	
		10am	Body Conditioning	Pilates	Zumba	Fitness Pilates	Zumba	Latin Fit	Les Mills BodyPUMP
		11am	Pilates	PIYO	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE
		12pm	Mature Movers	Balance & Mobility	Whole Body Exercise	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam
		1pm	Pilates		Yoga			Les Mills CORE	
		2pm			Les Mills BodyPUMP	Cardiac Rehab	Les Mills Sh'Bam		
		3pm			Private Hire	Les Mills BodyCOMBAT			
		4pm	Les Mills Sh'Bam		Les Mills BodyPUMP			Les Mills BodyPUMP	
		5pm	Fitness Pilates		Les Mills BodyCOMBAT		Private Hire	Les Mills BodyBALANCE	
		6pm	Yoga	Zumba				Private Hire	
		7pm	Yoga		CLUBFIT	Body Conditioning	Latin Fit		
		8pm		Les Mills BodyPUMP	PIYO	Legs, Bums & Tums	Les Mills Sh'Bam		
		9pm	Les Mills BodyCOMBAT	Les Mills CORE	Les Mills BodyPUMP (45mins)	Les Mills BodyPUMP			
			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 work provides vital ingredient to a stronger body. As well as the stomach, expect to 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.		LEGS, BUMS AND TUMS	Legs, bums and tums is a full body aerobic workout that aims to tone up those flabby areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.		

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.

<b>OVER 45s</b>	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)
<b>MV GYMNASTICS</b>	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.
<b>MV PANTHERS</b>	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.
<b>LOUTH BADMINTON CLUB</b>	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: <a href="mailto:louthbc2020@gmail.com">louthbc2020@gmail.com</a> or come and join in!
<b>SOCIAL WALKING NETBALL</b>	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)
<b>WHEELCHAIR BASKETBALL LOUTH JAGUARS</b>	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.
<b>LOUTH NETBALL CLUB</b>	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: <a href="mailto:carolynblackburn0409@gmail.com">carolynblackburn0409@gmail.com</a>
<b>PICKLE-BALL CLUB</b>	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							
8am			Set Up / Take-Down				Set Up / Take-Down
9am							
10am		Set Up / Take-Down			Set Up / Take-Down	MV Gymnastics (Rise)	Football Fun Factory
11am		Over 45s Session			Home Education		
12pm		Set Up / Take-Down			Set Up / Take-Down		
1pm		Social Walking Netball					
2pm		Set Up / Take-Down					
3pm		Pickleball		Over 45s Session	Set Up / Take-Down	MV Gymnastics (Pre-school)	
4pm				Set Up / Take-Down			
5pm						Set Up / Take-Down	
6pm	Set Up / Take-Down						
7pm	Back to Netball			Louth Netball Club	MV Gymnastics (Rise)		
8pm	Set Up / Take-Down		Wheelchair Basketball Louth Jaguars				
9pm	Louth Badminton Club						

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.

<b>OVER 45S</b>	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)
<b>MV GYMNASTICS</b>	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.
<b>MV PANTHERS</b>	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.
<b>LOUTH BADMINTON CLUB</b>	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!
<b>SOCIAL WALKING NETBALL</b>	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)
<b>WHEELCHAIR BASKETBALL LOUTH JAGUARS</b>	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.
<b>LOUTH NETBALL CLUB</b>	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
<b>PICKLE-BALL CLUB</b>	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							
8am			Set Up / Take-Down				Set Up / Take-Down
9am							
10am		Set Up / Take-Down			Set Up / Take-Down	MV Gymnastics (Rise)	Football Fun Factory
11am		Over 45s Session			Home Education		Set Up / Take-Down
12pm		Set Up / Take-Down			Set Up / Take-Down		
1pm		Social Walking Netball					
2pm		Set Up / Take-Down			Set Up / Take-Down	Litle Childrens Market	
3pm		Pickleball	Set Up / Take-Down	Over 45s Session	Set Up / Take-Down		
4pm				Set Up / Take-Down		MV Gymnastics (Pre-school)	
5pm						Set Up / Take-Down	
6pm	Set Up / Take-Down						
7pm	Back to Netball						
8pm	Set Up / Take-Down						
9pm	Louth Badminton Club						

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.

<b>OVER 45S</b>	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)
<b>MV GYMNASTICS</b>	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.
<b>MV PANTHERS</b>	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.
<b>LOUTH BADMINTON CLUB</b>	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!
<b>SOCIAL WALKING NETBALL</b>	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)
<b>WHEELCHAIR BASKETBALL LOUTH JAGUARS</b>	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.
<b>LOUTH NETBALL CLUB</b>	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
<b>PICKLE-BALL</b>	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							
8am			Set Up / Take-Down				Set Up / Take-Down
9am							
10am					Set Up / Take-Down	MV Gymnastics (Rise)	Football Fun Factory
11am					Home Education		
12pm					Set Up / Take-Down		
1pm							
2pm					Set Up / Take-Down		
3pm				Over 45s Session	Set Up / Take-Down	MV Gymnastics (Pre-school)	
4pm		Blood Donation Station		Set Up / Take-Down			
5pm						Set Up / Take-Down	
6pm	Set Up / Take-Down						
7pm	Back to Netball						
8pm	Set Up / Take-Down			Louth Netball Club			
9pm	Louth Badminton Club		Wheelchair Basketball Louth Jaguars		MV Gymnastics (Rise)		

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

