

# Station Leisure & Learning Centre

# Swimming Pool Programme

Term Time | 23<sup>rd</sup> September - 20<sup>th</sup> October

### Venue Opening Times:

Monday, Wednesday & Friday	6am-9pm
Tuesday & Thursday	7am-9pm
Saturday & Sunday	8am-5pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am								6am
7am	General Swim 6.30am-7.30am Lane Swim 6.30am-7.30am		General Swim 6.30am-7.30am Lane Swim 6.30am-7.30am		General Swim 6.30am-7.30am Lane Swim 6.30am-7.30am			7am
8am	General Swim 7.30am-8.30am Lane Swim 7.30am-8.30am	General Swim 7am-8am Lane Swim 7am-8am	General Swim 7.30am-8.30am Lane Swim 7.30am-8.30am	General Swim 7am-8am Lane Swim 7am-8am	General Swim 7.30am-8.30am Lane Swim 7.30am-8.30am			8am
9am	General Swim 8.30am-9.30am Lane Swim 8.30am-9.30am	General Swim 8am-9am Lane Swim 8am-9am	General Swim 8.30am-9.30am Lane Swim 8.30am-9.30am	General Swim 8am-9am Lane Swim 8am-9am	General Swim 8.30am-9.30am Lane Swim 8.30am-9.30am		Adults Only Swim 8am-9am	9am
10am	Lane Swim (4 lanes) 10am-11am	School Swim		School Swim	General Swim 9.30am-10.30am Lane Swim 9.30am-10.30am	Swim Lessons	Aquacise 9am-10am	10am
11am	Slow and Steady Social Swim	Ducklings Swim Lessons	Slow and Steady Social Swim** 11.30am-12.30pm	Aquacise 11.30am-12.30pm	Lane Swim (4 lanes) 11am-12noon	General Swim 11am-12noon Lane Swim 11am-12noon	General Swim 11am-12noon Lane Swim 11am-12noon	11am
12pm	Slow and Steady Social Swim** 11.30am-12.30pm	General Swim 12noon-1pm	Staff Training 12.30pm-2.30pm	School Swim	Slow and Steady Social Swim** 12.30pm-1.30pm	General Swim 12noon-1pm Lane Swim 12noon-1pm	General Swim 12noon-1pm Lane Swim 12noon-1pm	12pm
1pm	Slow and Steady Social Swim** 12.30pm-1.30pm	School Swim	Inclusive Swim 2.30pm-3.30pm	General Swim 2pm-3pm Lane Swim 2pm-3pm	Aquacise 2pm-3pm	Inclusive Swim 1pm-2pm	General Swim 1pm-2pm Lane Swim 1pm-2pm	1pm
2pm			Supported Swim 3.30pm-4.30pm		Family Fun Splash 3.45pm-4.45pm	Family Fun Splash 2pm-3pm	Family Fun Splash 2pm-3pm	2pm
3pm	General Swim 3pm-4pm Lane Swim 3pm-4pm		General Swim 4.30pm-5.30pm	Swim Lessons	Family Fun Splash 4.45pm-5.45pm			3pm
4pm	General Swim 4pm-5pm Lane Swim 4pm-5pm	Swim Lessons	Inclusive Swim 6pm-7pm					4pm
5pm	General Swim 5pm-6pm Lane Swim 5pm-6pm	General Swim 4pm-5pm Lane Swim 4pm-5pm	Adults Only Swim 7pm-8pm	Adult Swim Lessons 6pm-7pm Lane Swim (2 lanes) 6pm-7pm	General Swim 6pm-7pm Lane Swim 6pm-7pm			5pm
6pm		General Swim 6.30pm-7.30pm Lane Swim 6.30pm-7.30pm	Adults Only Swim 7pm-8pm	General Swim 7pm-8pm Lane Swim 7pm-8pm	Adults Only Swim 7pm-8pm	<b>Please note:</b> 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!		6pm
7pm	Aquacise 7pm-8pm	General Swim 7.30pm-8.30pm Lane Swim 7.30pm-8.30pm						7pm
8pm								8pm
9pm								9pm

The pool is 25m in length and 4 lanes wide. (29 degrees). Book your sessions on our mobile app or by visiting our website ([magnavitae.org](http://magnavitae.org))

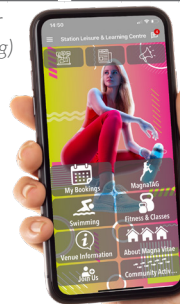
Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.30	£4.40	£4.00	£2.00	FREE

### DID YOU KNOW?

Our Swimming Pool is open to **Party Hire** on Saturdays & Sundays from 3pm-4pm!  
**There's no party like a Magna Vitae party...** Scan this QR code to view our party leaflet:



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



Stay up to date:  
 Download our App for free from your App Store!

[magnavitae.org](http://magnavitae.org)

All swimmers must abide by the Safe Swim policy. To view this, please scan the QR code:



**MAGNA VITAE**  
 TRUST FOR LEISURE & CULTURE

# Station Leisure & Learning Centre

# Exercise Class Programme

Term Time | 23<sup>rd</sup> September - 20<sup>th</sup> October

## Venue Opening Times:

Monday, Wednesday & Friday	6am-9pm
Tuesday & Thursday	7am-9pm
Saturday & Sunday	8am-5pm

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

## Instructor-led Classes

<b>AQUACISE*</b>	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.
<b>CIRCUITS</b>	Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.
<b>YOGA</b>	A physical & mental exercise using stretching & breathing to help improve posture & core stability, whilst helping you relax & release stress.
<b>GENTLE YOGA</b>	A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility and recovery. Especially well-suited for those with pain, trouble sleeping, anxiety or high levels of stress.
<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>KETTLE-BELL CIRCUITS</b>	Kettlebells is designed to not just help improve your strength, but will also help to improve other factors like the strength of your core, improve balance & flexibility as well as coordination.
<b>CORE &amp; STRETCH</b>	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.
<b>CYCLE</b>	Cycle is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!
<b>JNR CIRCUITS</b>	A meet on the mats session in the gym utilising the new functional area.
<b>BOXERCISE CIRCUITS</b>	Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts. The classes also include a range of circuit training exercises to give a comprehensive full body workout.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am							
8am	Cardio Dumbbell**	YOGA**	BIKE~		BIKE~		
9am	YOGA**	BIKE~	YOGA**		Pilates**	YOGA**	YOGA**
10am	BIKE~		Cardio BodyWeight**	Cycle~			Aquacise*
11am	BodyWeight Strength**	Ageless & Agile***	Stretch & Mobility**	Cardio Dumbbell**	Breathwork**	BIKE~	
12pm	Pilates**	Cycle~			BIKE~		BodyWeight Strength**
1pm	Yoga**		Pilates**	Aquacise*		Breathwork**	BIKE~
2pm	Gentle Yoga**	Breathwork**	BIKE~				Stretch & Mobility**
3pm				BIKE~	Body Conditioning**	Strength Dumbbell**	
4pm					Aquacise*	BIKE~	
5pm	Cardio BodyWeight**	BIKE~	BodyWeight Strength**	YOGA**			
6pm	Jnr Circuits~~	Circuits**	Strength Dumbbell**		BIKE~		
7pm				Jnr Circuits~~			
8pm	Body Conditioning**	BIKE~	Cycle~	Cardio BodyWeight**	Strength Dumbbell**		
9pm	Cycle~	Aquacise*	Strength Dumbbell**	Boxercise Circuits**	Stretch & Mobility**		
			Core & Stretch**		BIKE~		

**Our classes take place in the following locations:**

- \* - Class takes place in the swimming pool
- ~ - Class takes place in Engine Room One
- \*\* - Class takes place in Engine Room Two
- ~~ - Class takes place in the Fitness Suite
- \*\*\* - Class takes place in The Signal Box

## Virtual Classes delivered by FIIT

<b>CARDIO DUMBBELL</b>	High intensity classes to burn fat, tone muscle and build stamina using Dumbbells.
<b>YOGA</b>	Become more relaxed and focused. Tune in. Tone up. And find your zen.

<b>STRENGTH DUMBBELL</b>	Bodyweight, equipment and resistance training to build and sculpt muscle. Master control and feel the burn using dumbbells.
<b>BODY-WEIGHT STRENGTH</b>	Bodyweight and resistance training to build and sculpt muscle. Master control and feel the burn. No weights required.

<b>BREATH-WORK</b>	Improve joint health and flexibility, build core strength and prevent injury.
<b>STRETCH &amp; MOBILITY</b>	To improve mobility, flexibility and mental focus.
<b>PILATES</b>	To improve mobility, flexibility and mental focus.

<b>CARDIO BODY-WEIGHT</b>	High intensity classes to burn fat, tone muscle and build stamina. No weights required using bodyweight only.
<b>BIKE</b>	Designed to replicate a real-life ride, these 25 and 45min workouts use revolutions per minute (RPM) and resistance to create not only a challenging workout, but a measurable performance every time you get in the saddle.

<b>AGELESS &amp; AGILE</b>	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more information on these sessions, please contact Marko: marko.humphrey@mvtlc.org
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magnavita.org

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