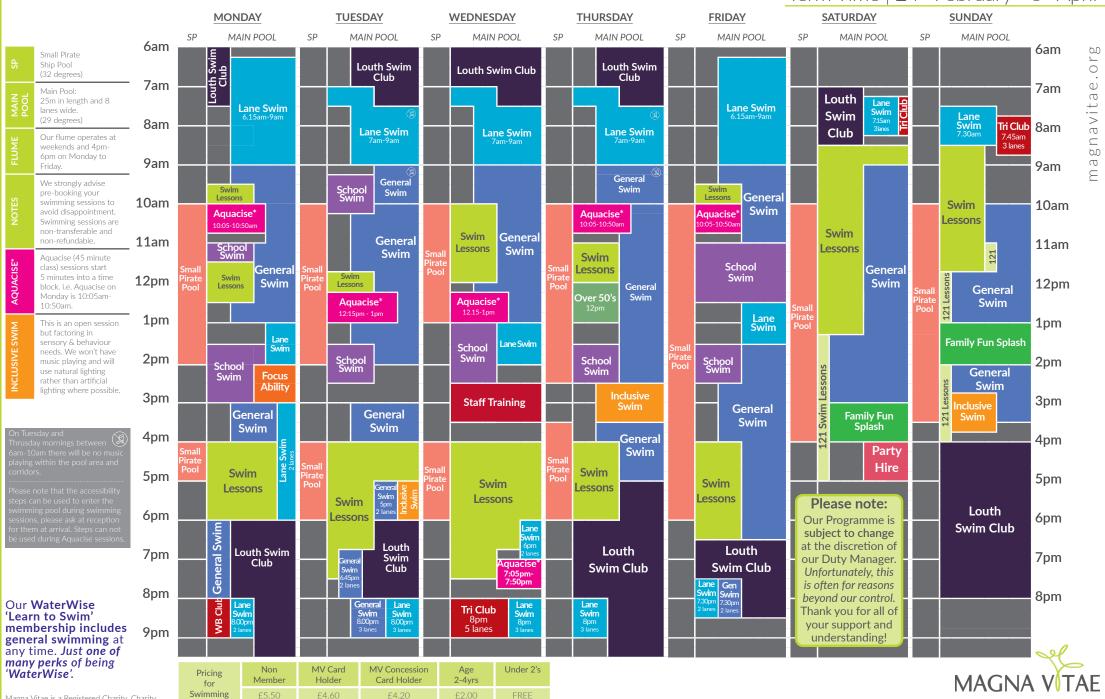
Magna Vitae is a Registered Charity. Charity

Number 1160156, A Partner to East Lindsey District Council

Main Pool & Leisure Pool Programme

Term Time | 24th February - 6th April

TRUST FOR LEISURE & CULTURE



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

Wellness Studio Programme

Term Time | 24th February - 6th April

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
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. This class is now in the Multi Purpose Room
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 quite 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								6am
7am	Wellness Hour				Wellness Hour			7am
8am		Wellness Hour			Weilife33 Hour			8am
9am		Weilifess Hour	Dolones C					9am
10am		Pilates	Balance & Mobility Pilates				Wellness Hour	10am
11am	Pilates		Pilates		Pilates	Wellness Hour		11am
12pm		Yoga	Whole Body Exercise**		Pilates			12pm
1pm								1pm
2pm							1	2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm			Pilates	Yoga				6pm
7pm	Yoga	Yoga		Wellness Hour				7pm
8pm	Yoga	Pilates	Wellness Hour		Wellness Hour			8pm
9pm								9pm

Fitness Suite & Cycle Studio Programme

Term Time 24th February - 6th Ap	ori
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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		5
RPM	New to cycling? Why not join us for a virtual RPM class, You will	6am	SPRINT	RPM	SPRINT					6am	
Virtual Beginner RPM	virtual RPM class. You will be shown how to set the bike up and how it works.	7am 8am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM		7am 8am	+://
<u></u> ₹ <u>a</u>	A group indoor cycling work- out where you control the	oalii	RPM		SPRINT	RPM	SPRINT				2
Virtual RPM™	intensity. It's fun, low impact and you can burn up to 675 calories a session.	9am		SPRINT			CYCLE	SPRINT		9am	2
Virtual SPRINT™	A 30-minute High-Intensity Interval Training (HIIT) work- out, using an indoor bike to	10am	CYCLE	CYCLE			RPM	CYCLE		10am 11am	
SPR	achieve fast results Cycle is high-intensity exer-	11am				RPM	SPRINT				
Cycle	cise on a stationary bike. It combines cardio and endur- ance in a calorie-crunching	12pm		RPM		RPM	SPRINT	SPRINT		12pm	
	session! Taking place on the gym	1pm						RPM	SPRINT	1pm	
SYNRGY*	floor these classes are a great way to improve your strength and fitness whilst	2pm						RPM	BEGINNER RPM	2pm	
SYN	preparing your body for everyday tasks.	3pm	SPRINT		2214		RPM	SPRINT	DDM	3pm	
		4pm		RPM	RPM	RPM	SPRINT			■4pm	
		5pm	RPM	SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT	5pm	
		6pm	RPM	RPM	RPM	SPRINT	SPRINT -	RPM	RPM	■ 6pm	
			CYCLE	SPRINT	RPM	RPM SYNRGY*	BEGINNER RPM -		SPRINT	7pm	
		7pm	RPM .	RPM	CYCLE	RPM	RPM			8pm	
		8pm	RPM	SPRINT	RPM						
		9pm	* - This session takes place in t	the functional area of the gym	n.					9pm	



Dance Studio Programme

Term Time | 24th February - 6th April

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

Vitrual Classe	s £3.60	£3.00		£2.65	FREE					
BODY CONDITIONING	Aerobics warm up wi exercises. A great clas for muscle shaping av	ss for those looking		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES	A class combining str strength work to imp mobility on the musc spine.	rove posture and	6am 7am							7
MATURE MOVERS	A 45 minute class de who want a lower im session using a variet mobility exercises sor chair based.	pact exercise y of toning and	8am	Les Mills BodyPUMF Les Mills CORE	Les Mills BodyBALANCE	-	Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE	8
YOGA	A physical and menta stretching & breathin posture and core stal you relax and release	g to help improve pility, whilst helping	9am	Body Conditioning	Pilates	Zumba	Fitness Pilates	Zumba	BodyBALANCE Latin Fit	Les Mills BodyPUMP
FITNESS PILATES	Pilates based exercise tional movements to alignment and balance	es combined func- improve posture,	11am	Pilates	PiYo	Body Conditionir		Body Conditioning	Les Mills BodyCOMBAT	_
LATIN FIT	Join Kelly on Saturda dance your way into fun, aerobic style wo	y mornings and fitness with this	12pm	Mature Movers Pilates	Balance & Mobility	Core & Stretch	Body Conditioning	Les Mills BodyPUMP	Les Mills BodyPUMP	Les Mills Sh'Bam 1 Les Mills CORE
ZUMBA	Combine the calorie traditional aerobics w moves & you have Zi every ability. Get fit &	burning benefits of rith fun dance umba. Catering for	1pm 2pm	Pliates		Yoga Les Mills BodyPUM	19	2007-11110-2004).	Les Mills Sh'Bam	1
CORE & STRETCH	spirit with you. A floor-based class whole body, with st coordination and re	working the retch, strength,	3pm		Les Mills	Private Hire	Cardiac Rehab	Les Mills BodyCOMBAT		Les Mills BodyPUMP
LOW IMPACT AEROBICS	A great class based a aerobics music with a choreography design slower tempo than a	reat music with the ed to be slightly	. 4pm	Les Mills Sh'Bam	BodyCOMBAT	Les Mills BodyPUI	MP			Les Mills BodyBALANCE
CLUB FIT	Aerobic dance exerci tunes in a darkened r lights.		6pm	Fitness Pilates	Zumba	Les Mills BodyCOMBAT	Les Mills BodyPUMP	Private Hire		Private Hire
BALANCE & MOBILITY	Immerse yourself in a cuit-style class tailore balance, mobility, poe Experience the poer	d to enhance your sture, and stability. fits of light exercise	7pm	Les Mills BodyPUMF Les Mills BodyCOMBAT	Les Mills BodyPUMP	CLUBFIT	Body Conditioning Legs, Bums & Tums	Latin Fit Les Mills Sh'Bam		7
PiYo	and stretching as you improved overall fund PiYo combines the core-firming benefit the strength and fle	muscle-sculpting, s of Pilates with	8pm - 9pm	Les Mills BodyCOMBAT	Les Mills CORE	Les Mills BodyPUMP (4				8
LIFEE BLIME AND	yoga. It's a true fat- pact program that'll defined.	burning, low-im- get you incredibly		Virtual BodyBALANCE™ series	oga-based class that will improve body and your life. Bend and stret of simple yoga moves and embra ii and Pilates.	ch through a	the calories while you punc	h, kick and jump through		
LEGS, BUMS AND TUMS	Legs, bums and tum aerobic workout tha up those flabby area	it aims to tone			at full body workout set to great n	nusic using Virtu	al Exercising muscles around t	the core, cx worx provides		

vital ingredient to a stronger body. As well as the

stomach, expect to work hip, butt & lower back.

light weights and high repetition's to burn calories

and help increase muscle tone.

BodyPUMP™



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

their fitness levels.

bum and stomach, great for those

those who simply want to improve

who want to lose weight or even for

Sports Hall Programme

Term Time | 24th February - 6th April

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 45'S	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)	7am	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	■ 7am
TICS	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	8am			Set Up /				Set Up / Take-Down	8am
MV GYMNASTICS	programme consists of RISE groups 1-4 and an Advanced class. We have incorporated British Gymnastics latest RISE learning criteria! This has	9am			Take-Down					9am
M	been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work.	10am		Set Up / Take-Down			Set Up / Take-Down Home Education	MV	Football Fun Factory	10am
H NO	A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm.	11am		Over 45s Session	100		Session Set Up / Take-Down	Gymnastics (Rise)	Set Up / Take-Down	11am
LOUTH BADMINTON CLUB	They play social mixed badminton and welcome all abilities. To contact us, either email us at: louthbc2020@gmail.com or come and join in!	12pm		Set Up / Take-Down	MV Gymnastics (Pre-school)					12pm
OCIAL LKING TBALL	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)	1pm		Social Walking Netball						1pm
S N Z		2pm		Set Up / Take-Down		Set Up / Take-Down			Set Up / Take-Down	2pm
(ETBALL IRS	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	3pm	Set Up / Take-Down	Pickleball	Set Up / Take-Down	Over 45s Session	Set Up / Take-Down	MV Gymnastics (Pre-school)	Louth Cricket Club	3pm
R BASH JAGUA	build upper body strength and assists with motor skills. It offers a chance to socialise and make	4pm				S.III (T.I. D.		(FTE-SCHOOL)	Ladies Cricket	4pm
WHEELCHAIR BASKETBALL LOUTH JAGUARS	friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths and weaknesses and	5pm	Greenwich School Set Up / Take-Down	Set Up / Take-Down		Set Up / Take-Down		Set Up / Take-Down		5pm
×	helping to build self-confidence so that each person feels a valued member of the team. We welcome people of all ages and abilities.	6pm	Set Up / Take-Down	Louth Cricket Club			MV Gymnastics			6pm
LOUTH NETBALL CLUB	There are 4 sessions: 5:00-6:00pm: (<i>Years 2-6</i>); 6:00-7:00pm: (<i>Years</i> 7-9); 7:00-8:00pm: (<i>Years</i> 10 & 11) & 8:00-9:00pm: (<i>Age</i> 16+). For additional	7pm	Back to Netball Set Up / Take-Down	Set Up / Take-Down	Wheelchair Basketball	Louth Netball Club	(Rise)			7pm
크빌ㅇ	information, please email: carolynblackburn0409@gmail.com	8pm	Louth		Louth Jaguars				National Nightle all	8pm
PICKLE- BALL	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	9pm	Badminton Club Don't forget, court	hire is included in y	our membership B	ook on the day.			Mixed Netball	

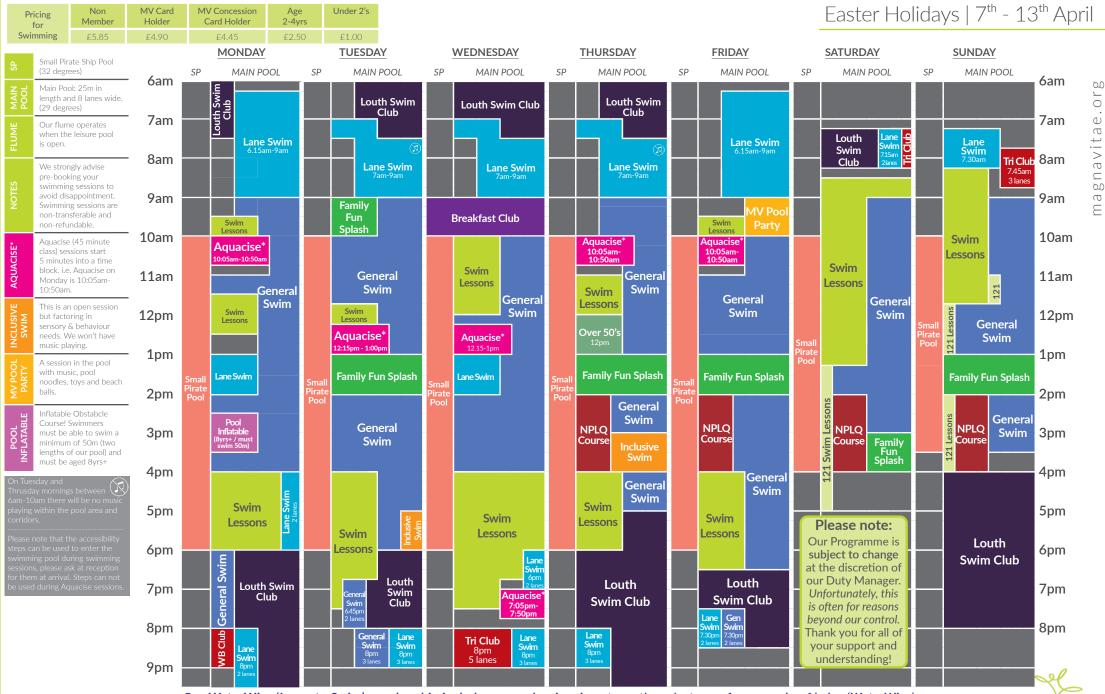




in a unique way! All equipment will be provided.

Main Pool & Leisure Pool Programme

TRUST FOR LEISURE & CULTURE



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

Wellness Studio Programme

Easter Holidays | 7th - 13th April

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership		
45mins - 1 hour	£7.55	£6.25	£5.65	FREE		
Yoga/Pilates	£9.55	£7.80	£7.10	FREE		

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	6am								6am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress	7am 8am	Wellness Hour				Wellness Hour			7am 8am
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	9am		Wellness Hour						9am
WHOL	for all ages, male and female; work at your own pace; fun This class is now in the Multi Purpose Room	10am	Pilates	Pilates	Balance & Mobility Pilates					10am
ACE & ILITY TES	Elevate your balance, mobility, posture, and stability with this thoughtfully crafted class that seamlessly blends Pilates-inspired	11am	Pliates		Pilates		Pilates			11am
BALANCE & MOBILITY PILATES	movements. Engage in gentle exercises and stretching to promote overall well-being.	12pm		Yoga	Whole Body Exercise **		Pilates			12pm
WELLNESS HOUR	Wellness Hour is a quite 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.	1pm						NPLQ Course	NPLQ Course	1pm
		2pm								2pm
		3pm								3pm
		4pm								4pm
		5pm								5pm
		6pm			Pilates	Yoga				6pm
		7pm	Yoga	Yoga		Wellness Hour				7pm
		8pm	Yoga	Pilates	Wellness Hour		Wellness Hour			8pm
		0								

Fitness Suite & Cycle Studio Programme

Easter Holidays | 7th - 13th April

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.55	£6.25	£5.65	FREE
Yoga/Pilates	£9.55	£7.80	£7.10	FREE
Vitrual Classes	£3.85	£3.20	£2.80	FREE

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		h
al .RPM	New to cycling? Why not join us for a virtual RPM class, You will be shown how	6am	SPRINT	RPM	SPRINT					6am 7am	0 7 0
Virtual Beginner RPM	to set the bike up and how it works.	7am i 8am i	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM		8am	7.1
_ Σ	A group indoor cycling work- out where you control the		RPM		SPRINT	RPM	SPRINT			9am	□
Virtual RPM™	intensity. It's fun, low impact and you can burn up to 675 calories a session.	9am		SPRINT			CYCLE	SPRINT		10am	
rual NT™	A 30-minute High-Intensity Interval Training (HIIT) work-	10am	CYCLE	CYCLE			RPM	CYCLE			
Vird	A 30-minute High-Intensity Interval Training (HIIT) work-out, using an indoor bike to achieve fast results	11am				RPM	SPRINT			11am	
<u>e</u>	Cycle is high-intensity exercise on a stationary bike. It	12pm		DDM		RPM		CDDINIT		12pm	
Cycle	combines cardio and endur- ance in a calorie-crunching session!	1pm		RPM			SPRINT	SPRINT		1pm	
*_	Taking place on the gym floor these classes are a	2pm						RPM	SPRINT	2pm	
SYNRGY*	great way to improve your strength and fitness whilst	.					RPM	RPM	BEGINNER RPM	3pm	
S	preparing your body for everyday tasks.	3pm	SPRINT	RPM	RPM		CORNIT	SPRINT	RPM		
		4pm	RPM	SPRINT	SPRINT	RPM SPRINT	SPRINT RPM		SPRINT	4pm	
		5pm	RPM	SPRINT	DD14	SPRINT	SPRINT	RPM	221	5pm	
		6pm		RPM	RPM	JENNIN	BEGINNER RPM	RPM	RPM	6pm	
		7	CYCLE	SPRINT	RPM	RPM SYNRGY*	SPRINT		SPRINT	7pm	
		7pm	RPM -	RPM	CYCLE	RPM	RPM				
		8pm			RPM	- KI WI	TAI IVI			8pm	
		9pm	RPM * - This session takes place in t	SPRINT the functional area of the gyn						9pm	



Dance Studio Programme

Easter Holidays | 7th - 13th April

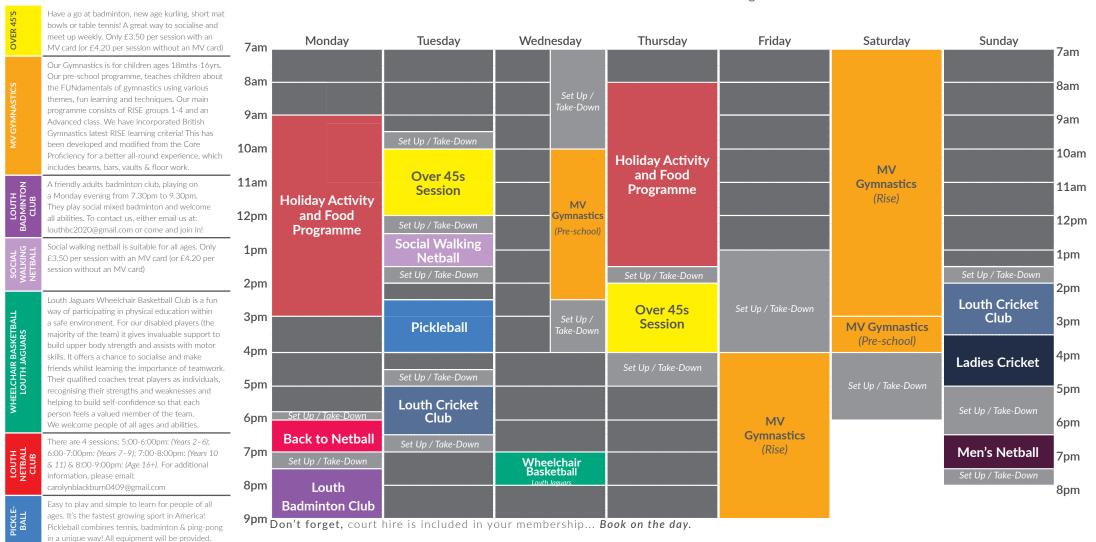
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Vitrual Classes	£3.85	£3.20	£2.80	FREE

Vitrual Cla	asses	£3.85	£3.20		£2.80		FREE							
BODY CON- DITIONING	exercises	s warm up with musc es. A great class for th	nose looking for	(a see 1	MONDAY		TUESDAY	WEDNESDAY	THURSDAY	<u> </u>	FRIDAY	SATURDAY	SUNDAY 6am	
PILATES		shaping away from the combining stretching		6am									Guin	
PILATES	work to	improve posture and saround the spine.	-	7am									7am	ı
MATURE MOVERS		inute class designed f lower impact exercise		8am	Les Mills BodyPU	JMP							8am	í
	variety o	of toning and mobility h will be chair based.	ty exercises some	9am	Les Mills COR	E	Les Mills BodyBALANCE		Les Mills BodyBALAN	CE	Les Mills CORE	Les Mills BodyBALANCE	9am	I
YOGA	stretchin	cal and mental exercising & breathing to hell and core stability, wh	elp improve	10am	Body Condition	ing	Pilates	Zumba	Fitness Pilate	es	Zumba	Latin Fit	Les Mills BodyPUMP	m
FITNESS	Pilates b	d release stress. Dased exercises comb		11am	Pilates		PiYo	Body Conditioning	Low Impact Aero	obics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE 11ai	m
PILATES LATIN FIT	and bala	ents to improve post ance. ly on Saturday morni		12pm	Mature Move	rs	Balance & Mobility	Core & Stretch	Body Condition	ning		Les Mills BodyPUMP	Les Mills Sh'Bam	m
LATITOTT		y into fitness with th		1pm	Pilates			Yoga			Les Mills BodyPUMP		Les Mills CORE	ı
ZUMBA	tradition you have	e the calorie burning nal aerobics with fun re Zumba. Catering fo & bring your Latin spi	o dance moves & for every ability.	2pm				Les Mills BodyPUMP	Cardiac Reha	ab .		Les Mills Sh'Bam	2pm	í
CORE &		-based class working		3pm				Private Hire			Les Mills BodyCOMBAT		3pm	ì
STRETCH	body, w and rela	vith stretch, strength axation.	h, coordination				Les Mills BodyCOMBAT						Les Mills BodyPUMP	1
LOW IMPACT AEROBICS	music wi	class based around to vith great music with d to be slightly slowe	the choreography	4pm	Les Mills Sh'Ba	m		Les Mills BodyPUMP					Les Mills BodyBALANCE	
CLUB	aerobics.			5pm	Fitness Pilate	s		Les Mills BodyCOMBAT	Les Mills BodyP	UMP	Private Hire		Private Hire	
FIT		ed room with disco lig	_	6pm	Les Mills BodyPU	IMP	Zumba				Latin Fit		6pm	ı
RIP	barbell, d	noreographed strengt designed to get resul r and stronger!		7pm	Les Mills BodyCOMBA			CLUBFIT	Body Condition				7 pm	I
BALANCE & MOBILITY		e yourself in a dynam lored to enhance you	,	8pm	ВодуСОМВА	1	Les Mills BodyPUMP	PiYo	Legs, Bums & T	ums	Les Mills Sh'Bam		8pm	i
	mobility, the bene	, posture, and stabilit efits of light exercise	ty. Experience and stretching	9pm	Les Mills BodyCOMBA	т	Les Mills CORE	Les Mills BodyPUMP (45mins)	Les Mills BodyP	UMP			9pm	ı
PiYo	as you progress towards improved overall functionality. PiYo 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.		, p	Virtual BodyBALANCE™ The yoga-based class that will improve y life. Bend and stretch through a series o elements of Tai Chi and Pilates.		nd and stretch through a series of		Virtual BodyCOMBAT™	tracks with beaming music			·		
			nefits of yoga. -impact program	1			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 Exercisi CORE™ ingredie		ercising muscles around the core, cx worx provides vital gredient to a stronger body. As well as the stomach, expect to ork hip. butt & lower back.		al .	
Magna Vitae is a A Partner to Easi		ed Charity. Charity N District Council.	Number 1160156.		Virtual Sh'Bam™	required	oving insanely addictive dance wo d. An insanely addictive group dan sy dance moves, all set to a party	nce class, featuring fun, simple	LEGS, BUMS AND TUMS	Legs, bu to tone of	Ims and tums is a full body aerobic up those flabby areas of your thigl r those who want to lose weight o vant to improve their fitness levels	ns, bum and stomach, r even for those who	MAGNA VITA TRUST FOR LEISURE & CULTURE	E

Sports Hall Programme

Easter Holidays | 7th - 13th April

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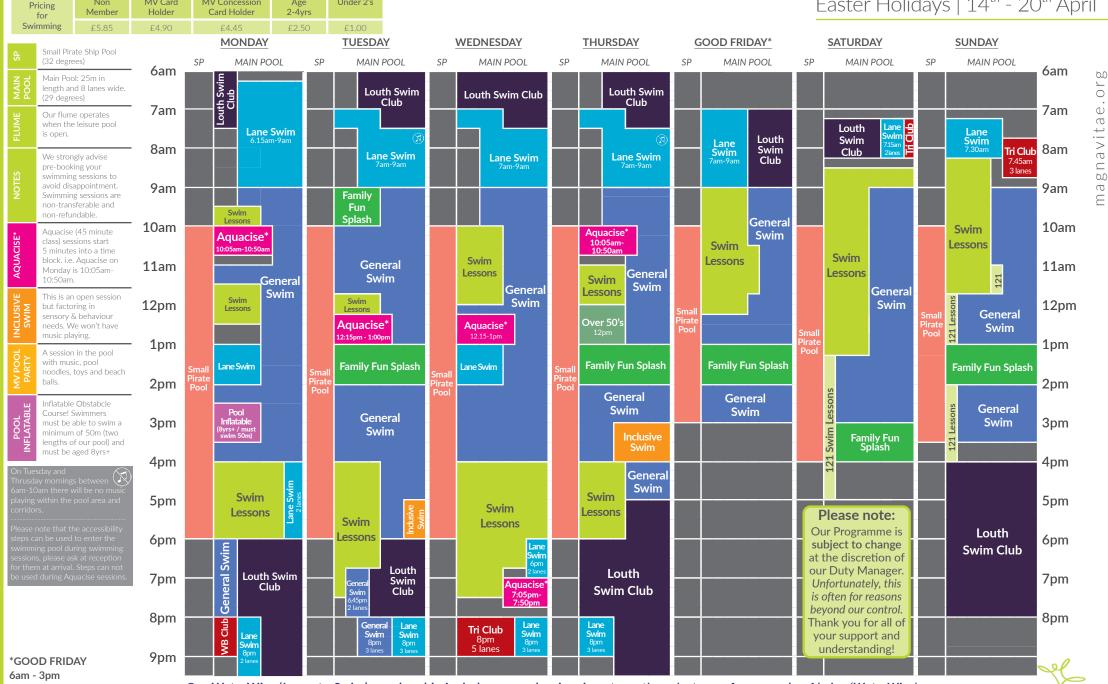




Main Pool & Leisure Pool Programme

Easter Holidays | 14th - 20th April

TRUST FOR LEISURE & CULTURE



Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council. Our WaterWise 'Learn to Swim' membership includes general swimming at any time. Just one of many perks of being 'WaterWise'.

Wellness Studio Programme

Easter Holidays | 14th - 20th April

magnavitae.org

Exercise Classes Non Member		MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.55	£6.25	£5.65	FREE
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YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress
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. This class is now in the Multi Purpose Room
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 quite 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		£7.10	FREE						
Wellness Hour Wellness Hour Wellness Hour Sam		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	GOOD FRIDAY	SATURDAY	SUNDAY	
Wellness Hour Wellness Hour Wellness Hour Wellness Hour Pilates Pilate	6am								6am
8am Wellness Hour 9am 10am Pilates Mobility Pilates Wellness Hour 11am Yoga Whole Body Exercise ** 12pm 1pm 1pm 1pm 2pm 2pm 3pm 4pm 4pm 5pm 6pm Pilates Yoga Wellness Hour Yoga Yoga Wellness Hour	7am								7am
Pilates Balance & Mobility Pilates Pilates Pilates Pilates Pilates 11am 12pm 1pm 2pm 3pm 4pm 5pm 6pm Yoga Pilates Yoga Pilates Pilate	8am	Wellness Hour				Wellness Hour			8am
Pilates Pilate	0		Wellness Hour						
Pilates	9am		Pilates	Balance &				Wellness Hour	Уат
11am Yoga Whole Body 12pm 1pm 1pm 2pm 3pm 3pm 4pm 4pm 5pm 5pm 6pm Yoga Yoga Yoga Wellness Hour 7pm Yoga Pilates Wellness Hour 7pm	10am		1 110100	Mobility Pilates					10am
Yoga	11am			Pilates			Wellness Hour		11am
1pm 1pm 2pm 2pm 3pm 3pm 4pm 4pm 5pm 5pm 6pm Yoga Yoga Yoga 7pm Yoga Yoga Yoga			Yoga	Whole Body					
2pm 2pm 3pm 3pm 4pm 4pm 5pm 5pm 6pm Yoga Yoga 7pm Yoga Wellness Hour 7pm Yoga Pilates Wellness Hour 7pm	12pm			Excicise					12pm
3pm 3pm 4pm 4pm 5pm 5pm 6pm Yoga Yoga Yoga 7pm Yoga Yoga Yoga Wellness Hour 7pm	1pm								1pm
3pm 3pm 4pm 4pm 5pm 5pm 6pm Yoga Yoga Yoga 7pm Yoga Yoga Yoga Wellness Hour 7pm	2nm								2nm
4pm 4pm 5pm 5pm 6pm Yoga Yoga 7pm Yoga Pilates Yoga Pilates Wellness Hour 7pm Yoga Pilates	20111								2рііі
5pm 6pm Yoga Yoga Yoga Wellness Hour Yoga Pilates Wellness Hour	3pm								3pm
Yoga Pilates Wellness Hour Yoga 6pm Yoga Pilates Wellness Hour	4pm								4pm
Yoga Pilates Wellness Hour Yoga 6pm Yoga Pilates Wellness Hour									
6pm Yoga Yoga Wellness Hour 7pm Yoga Pilates Wellness Hour	5pm								5pm
Yoga Yoga Wellness Hour 7pm Yoga Pilates Wellness Hour	4 nm			Dilatas	Yoga				
7pm Yoga Pilates Wellness Hour	opin	Voga	Voga	Pilates					орш
Yoga Pilates Wellness Hour	7pm		Toga		Wellness Hour				7 _{pm}
	·		Pilates	Wellness Hour					
8pm	8pm								8pm
9pm	9pm								9pm

*GOOD FRIDAY 6am - 3pm

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



Fitness Suite & Cycle Studio Programme

Easter Holidays	14 th -	20 th Apri
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Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.55	£6.25	£5.65	FREE
Yoga/Pilates	£9.55	£7.80	£7.10	FREE
Vitrual Classes	£3.85	£3.20	£2.80	FREE

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	GOOD 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	6am 7am		RPM	SPRINT RPM	DD14				6am 7am
V Begir	it works.	8am l	BEGINNER CYCLE	SPRINT	SPRINT	RPM	RPM	RPM		8am
lal ™T	A group indoor cycling work- out where you control the	9am i	RPM		SPRIIVI	RPM	SPRINT			9am
Virtual RPM™	intensity. It's fun, low impact and you can burn up to 675 calories a session.		-	SPRINT			CYCLE	SPRINT		
la ⊢ ™ ⊢	A 30-minute High-Intensity Interval Training (HIIT) work-	10am	CYCLE	CYCLE			RPM	CYCLE		10am
Virtu	out, using an indoor bike to	11am				RPM	SPRINT			11am
<u>v</u>	Cycle is high-intensity exercise on a stationary bike. It	12pm				RPM				12pm
Cyc	cise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	1pm		RPM		RPIVI	SPRINT	SPRINT		1pm
*_	Taking place on the gym floor these classes are a	2pm						RPM	SPRINT	2pm
SYNRGY*	great way to improve your strength and fitness whilst						RPM	RPM	BEGINNER RPM	3pm
S	preparing your body for everyday tasks.	3pm	SPRINT	RPM	RPM			SPRINT	RPM	
		4pm	RPM	SPRINT	SPRINT	RPM SPRINT			SPRINT	4pm
		5pm	RPM		RPM	SPRINT		RPM	RPM	5pm
		6pm		RPM				RPM	SPRINT	6pm
		7pm	CYCLE	SPRINT	RPM	RPM SYNRGY*				7pm
			RPM -	RPM	CYCLE	RPM				8pm
		8pm	RPM	SPRINT	RPM					
		9pm	* - This session takes place in t	he functional area of the gym	ı.				1	9pm



6am - 3pm



Dance Studio Programme

Easter Holidays | 14th - 20th April

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.55	£6.25	£5.65	FREE
Yoga/Pilates	£9.55	£7.80	£7.10	FREE
Vitrual Classes	£3.85	£3.20	£2.80	FREE

BODY CON- DITIONING	Aerobics warm up with muscle toning		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	GOOD FRIDAY	SATURDAY	SUNDAY	
DITIONING	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 musclesaround the spine.	7am								7am
MATURE MOVERS	A 45 minute class designed for those who want a lower impact exercise session using a	8am	Les Mills BodyPUM							8am
	variety of toning and mobility exercises some of which will be chair based.	9am	Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		9am
YOGA		10am	Body Conditioning	g Pilates	Zumba	Fitness Pilates		Latin Fit	Les Mills BodyPUMP	10am
FITNESS PILATES	relax and release stress. Pilates based exercises combined functional movements to improve posture, alignment	11am	Pilates	PiYo	Body Conditioning	Low Impact Aerobi	ics	Les Mills BodyCOMBAT	Les Mills BodyBALANCE	11am
	and balance.	10	Mature Movers	Balance & Mobility	Core & Stretch	Body Conditionin	g	Les Mills BodyPUMP	Les Mills Sh'Bam	12pm
LATIN FIT	Join Kelly on Saturday momings and dance your way into fitness with this fun, aerobic style workout!	12pm 1pm	Pilates		Yoga		Les Mills BodyPUMP		Les Mills CORE	12pm
ZUMBA	Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for every ability.	2pm			Les Mills BodyPUMP			Les Mills Sh'Bam		2pm
	Get fit & bring your Latin spirit with you.	_p			Private Hire	Cardiac Rehab	Les Mills BodyCOMBAT			
CORE & STRETCH	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.	3pm		Les Mills BodyCOMBAT			BOUYCOMBAT		Les Mills BodyPUMP	
LOW IMPACT	A great class based around traditional aerobics music with great music with the choreography	4pm	Les Mills Sh'Bam		Les Mills BodyPUMP				Les Mills BodyBALANCE	4pm
AEROBICS	designed to be slightly slower tempo than aerobics.	5pm			Les Mills BodyCOMBAT					5pm
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.	6pm	Fitness Pilates		BodyCOMBAT	Les Mills BodyPUN	MP		Private Hire	6pm
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you	7pm	Les Mills BodyPUM	1P Zumba	CLUBFIT	Body Conditionin	ng			7pm
BALANCE &	get fitter and stronger! Immerse yourself in a dynamic circuit-style		Les Mills BodyCOMBAT	Les Mills BodyPUMP	PiYo	Legs, Bums & Tum	ns			8pm
MOBILITY	class tailored to enhance your balance, mobility, posture, and stability. Experience the benefits of light exercise and stretching	8pm	Les Mills BodyCOMBAT	Les Mills CORE	Les Mills BodyPUMP (45mins)	Les Mills BodyPUN	MP			
PiYo	as you progress towards improved overall functionality. PiYo combines the muscle-sculpting,	9pm	Virtual	e yoga-based class that will improve y e. Bend and stretch through a series o ements of Tai Chi and Pilates.		Virtual wh	fast paced cardiovascular workout that hile you punch, kick and jump through p acks with booming music.		*GOOD FRIDAY 6am - 3pm	■9pm
	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.		Virtual A 8	great full body workout set to great moetition's to burn calories and help inc		Virtual Ex CORE™ ins	recrising muscles around the core, cx working gredient to a stronger body. As well as took hip, butt & lower back.			7
	Registered Charity. Charity Number 1160156. t Lindsey District Council.		Sh'Bam™ red	fun loving insanely addictive dance wo quired. An insanely addictive group da t sassy dance moves, all set to a party	nce class, featuring fun, simple	LEGS, BUMS AND to gree	egs, bums and tums is a full body aerobic tone up those flabby areas of your thig eat for those who want to lose weight on apply want to improve their fitness levels	hs, bum and stomach, or even for those who	MAGNA VI	TAE

Sports Hall Programme

Easter Holidays | 14th - 20th April

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.

		7am	Monday	Tuesday	Wednesday	Thursday	Good Friday	Saturday	Sunday	7
		7 (1111								7am
OVER 45'S	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)	8am 9am			Set Up / Take-Down					8am 9am
MV GYMINASTICS	Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various	10am		Set Up / Take-Down		Holiday Activity and Food Programme				10am
	the FUNdamentais or 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	11am	Holiday Activity	Over 45s Session	MV		MV Gymnastics (Rise)	Gymnastics		11am
Σ	been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work.	12pm	and Food Programme	Set Up / Take-Down	Gymnastics (Pre-school)				Inflatable Fun Day	12pm
N O	A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm.	1pm		Social Walking Netball					1hr sessions	1pm
LOUTH BADMINTON CLUB	a monday evening from 7.30pm to 9.30pm. They play social mixed badminton and welcome all ablifities. To contact us, either email us at: louthbc2020@gmail.com or come and join in!	2pm		Set Up / Take-Down		Set Up / Take-Down	Cat Un (Tala Davin			2pm
IAL (ING	Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per	3pm		Pickleball	Set Up / Take-Down	Over 45s Session	Set Up / Take-Down	MV Gymnastics		3pm
SOCIA	session without an MV card)	4pm						(Pre-school)		4pm
LOUTH NETBALL CLUB	There are 4 sessions: 5:00-6:00pm: (<i>Years 2-6</i>); 6:00-7:00pm: (<i>Years 7-9</i>); 7:00-8:00pm: (<i>Years 10</i> & 11) & 8:00-9:00pm: (<i>Age 16+</i>). For additional	5pm		Set Up / Take-Down		Set Up / Take-Down		Set Up / Take-Down	Set Up / Take-Down	5pm
NE C	information, please email: carolynblackburn0409@gmail.com	6pm	Set Up / Take-Down	Louth Cricket Club						6pm
PICKLE- BALL	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.	7pm	Back to Netball Set Up / Take-Down	Set Up / Take-Down					Men's Netball Set Up / Take-Down	7pm
		8pm	Louth						Set Op / Take-Down	8pm
		9pm [Badminton Club Don't forget, court	hire is included in y	our membership <i>B</i>	ook on the day.				

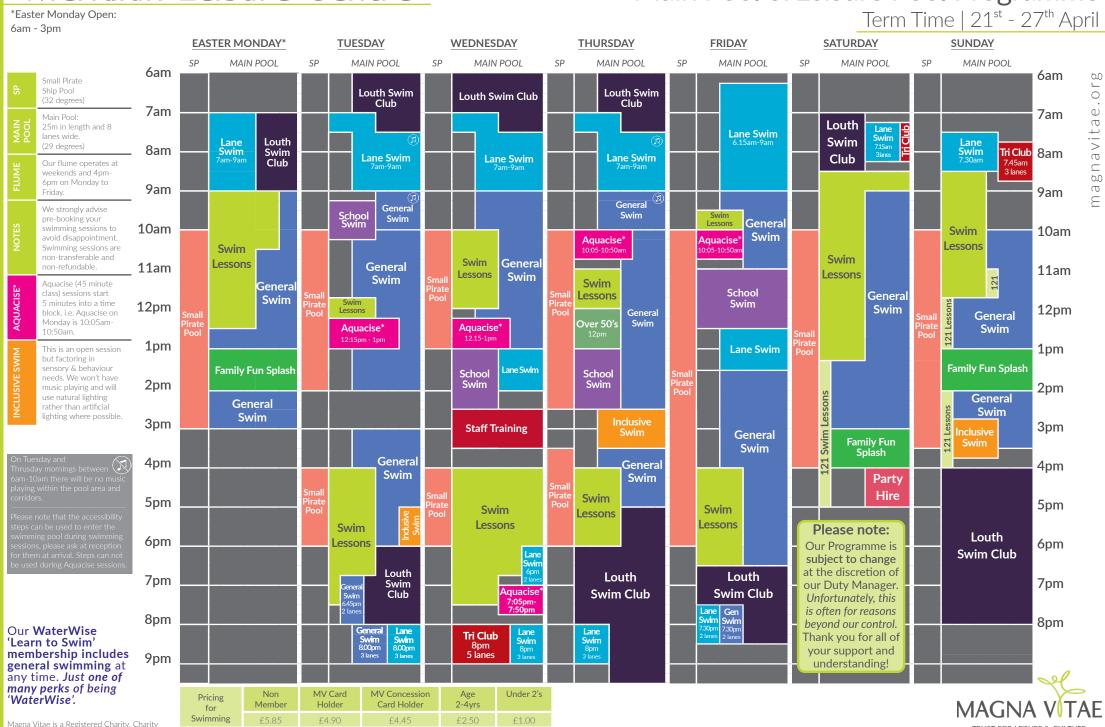
*GOOD FRIDAY 6am - 3pm



Number 1160156. A Partner to East Lindsev District Council.

Main Pool & Leisure Pool Programme

TRUST FOR LEISURE & CULTURE



Wellness Studio Programme

Term Time | 21st - 27th April

magnavitae.org

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.55	£6.25	£5.65	FREE
Yoga/Pilates	£9.55	£7.80	£7.10	FREE

9pm

10	A class combining stretching and strength		EASTER MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES	work to improve posture and mobility on the muscles around the spine.	6am	MONDAT							6am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress	7am 8am	Wellness Hour				Wellness Hour			7am 8am
BODY ISE**	Based on natural body movements; improves posture/strengthens core; works major muscle groups; improves coordination and balance; variety of rhythms influence movement dynamics; suitable	9am		Wellness Hour						9am
WHOLE BODY EXERCISE**	for all ages, male and female; work at your own pace; fun.	10am		Pilates	Balance & Mobility Pilates				Wellness Hour	10am
	This class is now in the Multi Purpose Room Elevate your balance, mobility, posture, and stability with this thoughtfully crafted	11am			Pilates		Pilates	Wellness Hour		11am
BALANCE & MOBILITY PILATES	class that seamlessly blends Pilates-inspired movements. Engage in gentle exercises and stretching to promote overall well-being.	12pm		Yoga	Whole Body Exercise**		Pilates			12pm
WELLNESS HOUR	Wellness Hour is a quite 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.	1pm								1pm
>	Billig your own.	2pm								2pm
		3pm								3pm
		4pm								4pm
		5pm								5pm
		6pm			Pilates	Yoga				6pm
		7pm		Yoga		Wellness Hour				7pm
				Pilates	Wellness Hour		Wellness Hour			

*Easter Monday Open: 6am - 3pm



8pm

Fitness Suite & Cycle Studio Programme

Term Time | 21st - 27th April

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.55	£6.25	£5.65	FREE
Yoga/Pilates	£9.55	£7.80	£7.10	FREE
Vitrual Classes	£3.85	£3.20	£2.80	FREE

			EASTER MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	_ 6am ≤
Virtual Beginner RPM	New to cycling? Why not join us for a virtual RPM class. You will	6am	SPRINT	RPM	SPRINT					7am
Virl Beginn	be shown how to set the bike up and how it works.		BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM		8am (
	A group indoor cycling work- out where you control the	8am	RPM		SPRINT	RPM	SPRINT			2
Virtual RPM™	intensity. It's fun, low impact and you can burn up to 675 calories a session.	9am		SPRINT			CYCLE	SPRINT		9am (
Virtual PRINT™	A 30-minute High-Intensity Interval Training (HIIT) work-	10am	CYCLE	CYCLE			RPM	CYCLE		10am
Vir	out, using an indoor bike to achieve fast results	11am				RPM	SPRINT			11am
Cycle	Cycle is high-intensity exer- cise on a stationary bike. It combines cardio and endur-	12pm		RPM		RPM	SPRINT	SPRINT		12pm
O	ance in a calorie-crunching session!	. 1pm					31 KHYI	RPM	SPRINT	1pm
SYNRGY*	Taking place on the gym floor these classes are a great way to improve your	2pm						RPM	BEGINNER RPM	2pm
SYNE	strength and fitness whilst preparing your body for everyday tasks.	3pm					RPM			3pm
	everyady dasks.	4pm		RPM	RPM	RPM	SPRINT	SPRINT	RPM	4pm
		•		SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT	5pm
		5pm		RPM	RPM	SPRINT	SPRINT	RPM	RPM	
		6pm		SPRINT	RPM	RPM SYNRGY*	BEGINNER RPM		SPRINT	6pm
		7pm		RPM	CYCLE		SPRINT			7pm
		8pm			RPM	RPM	RPM			8pm
		9pm	* - This session takes place in	SPRINT the functional area of the gym						9pm

^{*}Easter Monday Open: 6am - 3pm



Dance Studio Programme

Term Time | 21st - 27th April

magnavitae.org

Exercise Classes	Non Member	MV Card Holder	MV Concession Card Holder	Membership
45mins - 1 hour	£7.55	£6.25	£5.65	FREE
Yoga/Pilates	£9.55	£7.80	£7.10	FREE
Vitrual Classes	£3.85	£3.20	£2.80	FREE

Vitrual Classes	£3.85	£3.20		£2.80	FREE						
BODY CONDITIONING	Aerobics warm up with exercises. A great class f for muscle shaping away	or those looking		EASTER MONDAY	* TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES	A class combining stretc strength work to improv mobility on the muscles spine.	e posture and	6am 7am								5am 7am
MATURE MOVERS	A 45 minute class design who want a lower impact session using a variety of mobility exercises some	ct exercise of toning and	8am	Les Mills BodyPUM	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE			Bam
YOGA	chair based. A physical and mental estretching & breathing to	o help improve	9am		BodyBALANCE Pilates	Zumba	BodyBALANCE Fitness Pilates	Zumba	Les Mills BodyBALANCE	Les Mills BodyPUMP	am
FITNESS PILATES	posture and core stabilit you relax and release str Pilates based exercises o	ress.	10am		PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Latin Fit	Les Mills RodyBALANCE	L0am
LATIN FIT	tional movements to im alignment and balance. Join Kelly on Saturday m		11am		Balance & Mobility	Core & Stretch	Body Conditioning		Les Mills BodyCOMBAT Les Mills BodyPUMP	Les Mills Sh'Bam	l1am
ZUMBA	dance your way into fitn fun, aerobic style worko Combine the calorie bur	ness with this ut!	12pm			Yoga		Les Mills BodyPUMP		Les Mills CORE	l2pm lpm
ZUMBA	traditional aerobics with moves & you have Zum every ability. Get fit & bi	fun dance ba. Catering for	1pm 2pm			Les Mills BodyPUMP			Les Mills Sh'Bam		2pm
CORE & STRETCH	A floor-based class wo whole body, with strei	tch, strength,	3pm			Private Hire	Cardiac Rehab	Les Mills BodyCOMBAT			3pm
LOW IMPACT AEROBICS	A great class based arou aerobics music with great	ınd traditional	4pm		Les Mills BodyCOMBAT	I NAIII - D - J - DI INAD				Les Mills BodyPUMP Les Mills BodyBALANCE	1pm
CLUB	choreography designed slower tempo than aero Aerobic dance exercise	bics.	5pm			Les Mills BodyPUMP Les Mills		Private Hire		5	ōpm
FIT BALANCE &	tunes in a darkened rooi lights.	m with disco	6pm		Zumba	BodyCOMBAT	Les Mills BodyPUMP	Latin Fit		Private Hire 6	ópm
MOBILITY	cuit-style class tailored t balance, mobility, postur Experience the benefits	o enhance your re, and stability. of light exercise	7pm		Les Mills BodyPUMP	CLUBFIT	Body Conditioning Legs, Bums & Tums	Les Mills Sh'Bam		7	⁷ pm
PiYo	and stretching as you pr improved overall function PiYo combines the mu	scle-sculpting,	8pm		Les Mills CORE	PiYo Les Mills BodyPUMP (45mins)	Les Mills BodyPUMP	Les Mills 311 Dalli			3pm
	core-firming benefits of the strength and flexiby yoga. It's a true fat-bui pact program that'll ge defined.	oility benefits of rning, low-im-	9pm	Virtual	e yoga-based class that will improve y or body and your life. Bend and stretc	vour mind, Virtual	A fast paced cardiovascular the calories while you punch	n, kick and jump through		*Easter Monday Open: 6am - 3pm	∂pm
LEGS, BUMS AND TUMS	Legs, bums and tums is aerobic workout that a			2011	es of simple yoga moves and embrac Chi and Pilates.	te elements of Body CONIDA	pre choreographed tracks w	ith booming music.			

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.

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

BodyPUMP™

MAGNA VITAE
TRUST FOR LEISURE & CULTURE

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

their fitness levels.

up those flabby areas of your thighs,

who want to lose weight or even for

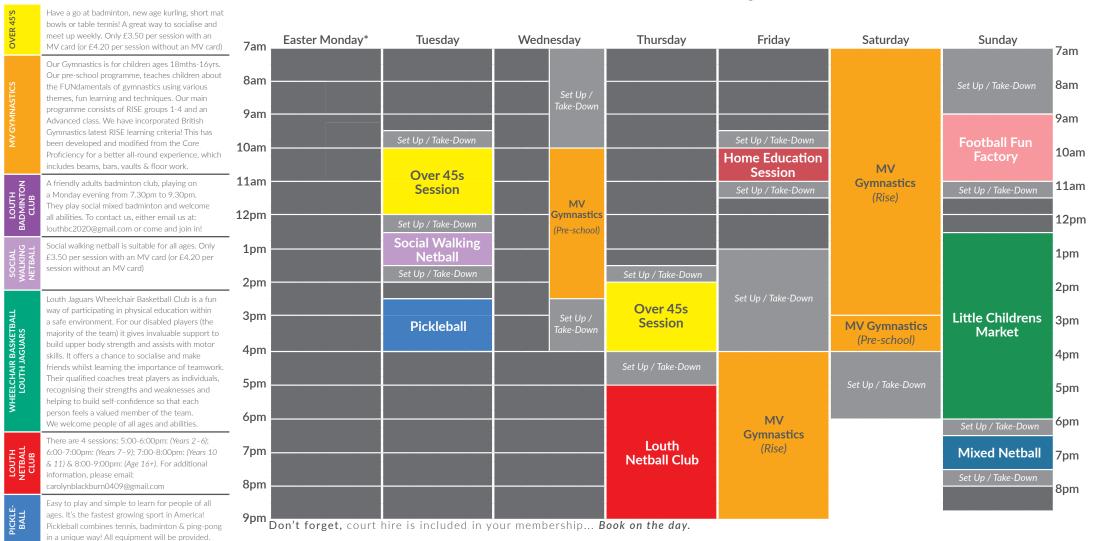
bum and stomach, great for those

those who simply want to improve

Sports Hall Programme

Term Time | 21st - 27th April

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.



*Easter Monday Open: 6am - 3pm

