

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Easter Holidays | 14th - 20th April

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.85	£4.90	£4.45	£2.50	£1.00

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		GOOD FRIDAY		SATURDAY		SUNDAY		
SP	Small Pirate Ship Pool (32 degrees)		SP		SP		SP		SP		SP		SP		6am
MAIN POOL	Main Pool: 25m in length and 8 lanes wide. (29 degrees)		MAIN POOL		MAIN POOL		MAIN POOL		MAIN POOL		MAIN POOL		MAIN POOL		7am
FLUME	Our flume operates when the leisure pool is open.														8am
NOTES	We strongly advise pre-booking your swimming sessions to avoid disappointment. Swimming sessions are non-transferable and non-refundable.														9am
AQUACISE*	Aquacise (45 minute class) sessions start 5 minutes into a time block, i.e. Aquacise on Monday is 10:05am-10:50am.														10am
INCLUSIVE SWIM	This is an open session but factoring in sensory & behaviour needs. We won't have music playing.														11am
MV POOL PARTY	A session in the pool with music, pool noodles, toys and beach balls.														12pm
POOL INFLATABLE	Inflatable Obstacle Course! Swimmers must be able to swim a minimum of 50m (two lengths of our pool) and must be aged 8yrs+														1pm
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.															
*GOOD FRIDAY 6am - 3pm															
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!															

6am	SP	MAIN POOL		SP	MAIN POOL		SP	MAIN POOL		SP	MAIN POOL		SP	MAIN POOL		6am
7am		Louth Swim Club	Lane Swim 6.15am-9am			Louth Swim Club			Louth Swim Club							7am
8am						Lane Swim 7am-9am			Lane Swim 7am-9am			Lane Swim 7am-9am		Lane Swim 7am-9am	Louth Swim Club	8am
9am																9am
10am																10am
11am																11am
12pm																12pm
1pm																1pm
2pm																2pm
3pm																3pm
4pm																4pm
5pm																5pm
6pm																6pm
7pm																7pm
8pm																8pm
9pm																9pm

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

Meridian Leisure Centre

Wellness 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

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 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.

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

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***GOOD FRIDAY**
6am - 3pm

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Meridian Leisure Centre

Fitness Suite & Cycle 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

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

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

*GOOD FRIDAY
6am - 3pm

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Meridian Leisure Centre

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

Dance Studio Programme

Easter Holidays | 14th - 20th April

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	GOOD FRIDAY	SATURDAY	SUNDAY	
BODY CON-DITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.								6am
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.								7am
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.	Les Mills BodyPUMP							8am
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		9am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.	Body Conditioning	Pilates	Zumba	Fitness Pilates		Latin Fit	Les Mills BodyPUMP	10am
LATIN FIT	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!	Pilates	PiYo	Body Conditioning	Low Impact Aerobics		Les Mills BodyCOMBAT	Les Mills BodyBALANCE	11am
ZUMBA	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.	Mature Movers	Balance & Mobility	Core & Stretch	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam	12pm
CORE & STRETCH	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.	Pilates		Yoga	Cardiac Rehab	Les Mills BodyPUMP		Les Mills CORE	1pm
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.			Les Mills BodyPUMP			Les Mills Sh'Bam		2pm
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.			Private Hire		Les Mills BodyCOMBAT			3pm
RIP	RIP is choreographed strength training with a barbell, designed to get results and help you get fitter and stronger!		Les Mills BodyCOMBAT					Les Mills BodyPUMP	4pm
BALANCE & MOBILITY	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.	Les Mills Sh'Bam		Les Mills BodyPUMP				Les Mills BodyBALANCE	5pm
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.	Fitness Pilates		Les Mills BodyCOMBAT	Les Mills BodyPUMP			Private Hire	6pm
		Les Mills BodyPUMP	Zumba		Body Conditioning				7pm
		Les Mills BodyCOMBAT	Les Mills BodyPUMP	CLUBFIT					8pm
		Les Mills BodyCOMBAT	Les Mills CORE	Les Mills BodyPUMP (45mins)	Les Mills BodyPUMP				9pm
		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.		*GOOD FRIDAY 6am - 3pm	
		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.			
		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.

		Monday	Tuesday	Wednesday	Thursday	Good Friday	Saturday	Sunday	
	7am								7am
OVER 45s	8am			Set Up / Take-Down					8am
	9am								9am
MV GYMNASTICS	10am		Set Up / Take-Down						10am
	11am		Over 45s Session		Holiday Activity and Food Programme		MV Gymnastics (Rise)	Inflatable Fun Day	11am
	12pm	Holiday Activity and Food Programme	Set Up / Take-Down						12pm
LOUTH BADMINTON CLUB	1pm		Social Walking Netball		Set Up / Take-Down			1hr sessions	1pm
	2pm		Set Up / Take-Down						2pm
SOCIAL WALKING NETBALL	3pm		Pickleball	Set Up / Take-Down	Over 45s Session	Set Up / Take-Down	MV Gymnastics (Pre-school)		3pm
	4pm				Set Up / Take-Down				4pm
LOUTH NETBALL CLUB	5pm		Set Up / Take-Down				Set Up / Take-Down	Set Up / Take-Down	5pm
	6pm	Set Up / Take-Down	Louth Cricket Club						6pm
PICKLE-BALL	7pm	Back to Netball	Set Up / Take-Down					Men's Netball	7pm
	8pm	Set Up / Take-Down						Set Up / Take-Down	
	8pm	Louth Badminton Club							8pm
	9pm								

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

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)

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.

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 is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)

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

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.

Meridian Leisure Centre

*Easter Monday Open:
6am - 3pm

Main Pool & Leisure Pool Programme

Term Time | 21st - 27th April

	EASTER 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														
8am														
9am														
10am														
11am														
12pm														
1pm														
2pm														
3pm														
4pm														
5pm														
6pm														
7pm														
8pm														
9pm														

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'.

	Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
		£5.85	£4.90	£4.45	£2.50	£1.00

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MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Meridian Leisure Centre

Wellness 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

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 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.

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

*Easter Monday Open:
6am - 3pm

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Meridian Leisure Centre

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
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 work-out 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) work-out, 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.						
6am							
7am	SPRINT	RPM	SPRINT				
8am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM	
9am	RPM		SPRINT	RPM	SPRINT		
10am		SPRINT			CYCLE	SPRINT	
11am	CYCLE	CYCLE			RPM	CYCLE	
12pm				RPM	SPRINT		
1pm		RPM		RPM	SPRINT	SPRINT	
2pm						RPM	SPRINT
3pm					RPM	RPM	BEGINNER RPM
4pm		RPM	RPM	RPM	SPRINT	SPRINT	RPM
5pm		SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT
6pm		RPM	RPM	SPRINT	SPRINT	RPM	RPM
7pm		SPRINT	RPM	RPM	SYNRGY*	BEGINNER RPM	SPRINT
8pm		RPM	CYCLE	RPM	SPRINT		
9pm		SPRINT	RPM				

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

*Easter Monday Open:
6am - 3pm

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45mins - 1 hour	£7.55	£6.25	£5.65	FREE
Yoga/Pilates	£9.55	£7.80	£7.10	FREE
Vitruual Classes	£3.85	£3.20	£2.80	FREE

Dance Studio Programme

Term Time | 21st - 27th April

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		EASTER MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BODY CONDITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.								
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	6am							6am
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.	7am							7am
		8am	Les Mills BodyPUMP						8am
			Les Mills CORE	Les Mills BodyBALANCE	Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE		
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am							9am
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.	10am	Pilates	Zumba	Fitness Pilates	Zumba	Latin Fit	Les Mills BodyPUMP	10am
LATIN FIT	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!	11am	PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE	11am
ZUMBA	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.	12pm	Balance & Mobility	Core & Stretch	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam	12pm
CORE & STRETCH	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.	1pm		Yoga	Cardiac Rehab	Les Mills BodyPUMP		Les Mills CORE	1pm
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.	2pm		Les Mills BodyPUMP			Les Mills Sh'Bam		2pm
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.	3pm		Private Hire		Les Mills BodyCOMBAT			3pm
BALANCE & MOBILITY	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.	4pm	Les Mills BodyCOMBAT					Les Mills BodyPUMP	4pm
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.	5pm		Les Mills BodyPUMP		Private Hire		Les Mills BodyBALANCE	5pm
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.	6pm	Zumba		Les Mills BodyPUMP			Private Hire	6pm
		7pm		CLUBFIT	Body Conditioning	Latin Fit			7pm
		8pm	Les Mills BodyPUMP	PiYo	Legs, Bums & Tums	Les Mills Sh'Bam			8pm
		9pm	Les Mills CORE	Les Mills BodyPUMP (45mins)	Les Mills BodyPUMP				9pm
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 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 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 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.								

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6am - 3pm

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	MV GYMNASISTICS	LOUTH BADMINTON CLUB	SOCIAL WALKING NETBALL	WHEELCHAIR BASKETBALL LOUTH JAGUARS	LOUTH NETBALL CLUB	PICKLE-BALL
	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)	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.	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 is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)	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.	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	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.
	Easter Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							7am
8am							Set Up / Take-Down
9am							
10am		Set Up / Take-Down			Set Up / Take-Down		Football Fun Factory
11am		Over 45s Session			Home Education Session	MV Gymnastics (Rise)	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			
3pm		Pickleball		Over 45s Session	Set Up / Take-Down	MV Gymnastics (Pre-school)	Little Childrens Market
4pm				Set Up / Take-Down			
5pm						Set Up / Take-Down	
6pm					MV Gymnastics (Rise)		Set Up / Take-Down
7pm				Louth Netball Club			Mixed Netball
8pm							Set Up / Take-Down
9pm							

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

*Easter Monday Open:
6am - 3pm

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

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Term Time | 28th April - 4th May

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
SP	Small Pirate Ship Pool: Temperature: 32 degrees		SP		SP		SP		SP		SP		SP	
MAIN POOL	Main Pool: Length: 25m Amount of lanes: 8 Temperature: 29 degrees		Main Pool:		Main Pool:		Main Pool:		Main Pool:		Main Pool:		Main Pool:	
AQUACISE*	Aquacise (45 minutes): Sessions start 5 minutes into a time block, i.e. Aquacise on Monday's 10:05am-10:50am.													
INCLUSIVE SWIM	Inclusive Swim: This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.													
SWIM LESSONS	Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! Learn more on our website... #PoolPower													
IMPORTANT: OTHER NOTES	<ul style="list-style-type: none">Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable.Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)Quieter Sessions: Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music = 🎵)Flume Opening times: Saturday's: 10am-3:30pm Sunday's: 10am-3pmPotential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. For the most up-to-date programmes, view live the timetables on our website... Or download our free MV app!													
6am	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL
7am	Louth Swim Club	Lane Swim 6.15am-9am	Louth Swim Club	Lane Swim 7am-9am	Louth Swim Club	Lane Swim 7am-9am	Louth Swim Club	Lane Swim 7am-9am	Lane Swim 6.15am-9am	Lane Swim 6.15am-9am	Louth Swim Club	Lane Swim 7.15am 3 lanes	Lane Swim 7.30am 5 lanes	Lane Swim 7.30am 5 lanes
8am	Lane Swim 6.15am-9am	Lane Swim 6.15am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 6.15am-9am	Lane Swim 6.15am-9am	Lane Swim 7.15am 3 lanes	Lane Swim 7.15am 3 lanes	Lane Swim 7.30am 5 lanes	Lane Swim 7.30am 5 lanes
9am	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
10am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am
11am	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool	Small Pirate Pool
12pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
1pm	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim
2pm	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim
3pm	Focus Ability	Focus Ability	Focus Ability	Focus Ability	Focus Ability	Focus Ability	Focus Ability	Focus Ability	Focus Ability	Focus Ability	Focus Ability	Focus Ability	Focus Ability	Focus Ability
4pm	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim
5pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
6pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
7pm	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim
8pm	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club
9pm	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club	WB Club

Bookings can be made up to 7 days in advance.
All payments must be made at the time of booking.
Need to cancel a booking? You must cancel at least 48 hours in advance in order to claim a refund.

Prices for Swimming:

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES							
YOGA							
WHOLE BODY EXERCISE** (HELD IN MULTI-PURPOSE ROOM)							
BALANCE & MOBILITY PILATES							
WELLNESS HOUR							
AGELESS & AGILE** (HELD IN MULTI-PURPOSE ROOM)							
	6am	6am	6am	6am	6am	6am	6am
	7am	7am	7am	7am	7am	7am	7am
	8am	8am	8am	8am	8am	8am	8am
	9am	9am	9am	9am	9am	9am	9am
	10am	10am	10am	10am	10am	10am	10am
	11am	11am	11am	11am	11am	11am	11am
	12pm	12pm	12pm	12pm	12pm	12pm	12pm
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	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

You can book online and via our free Magna Vitae app! To find out more about our classes & activities, scan here to browse our website!



Scan me!

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Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

Virtual Beginner RPM
Are you new to cycling? Try out the 'Beginner's Virtual RPM' class! You will be shown all the basics from what to do, to how the bike works. An ideal way to try something new!

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 per session!

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

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

SYNRGY
Taking place in our Fitness Suite functional area, these classes are a great for enhancing your overall health, strength and fitness.

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

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Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

Meridian Leisure Centre

Dance Studio Programme

Term Time | 28th April - 4th May

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY CONDITIONING Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	6am	6am	6am	6am	6am	6am	6am
PILATES A combination of stretches and strength work. Great for improving posture & mobility on muscles around the spine.	7am	7am	7am	7am	7am	7am	7am
MATURE MOVERS A lower impact session using toning and mobility exercises, some of which are chair based.	8am	8am	8am	8am	8am	8am	8am
YOGA Physical and mental exercises that use stretching & breathing to help improve posture and core stability, whilst helping you both to relax, and release stress.	9am	9am	9am	9am	9am	9am	9am
FITNESS PILATES Pilates inspired exercises combined with functional movements to improve posture, alignment & balance.	10am	10am	10am	10am	10am	10am	10am
LATIN FIT Join Kelly to dance your way into fitness with this fun, aerobic style workout!	11am	11am	11am	11am	11am	11am	11am
ZUMBA Combine the calorie burning benefits of aerobics with fun dance moves and you have Zumba! Caters for every ability.	12pm	12pm	12pm	12pm	12pm	12pm	12pm
CORE & STRETCH Benefit your whole body with some stretching, strength work and a bit of relaxation. (This is a floor-based class.)	1pm	1pm	1pm	1pm	1pm	1pm	1pm
LOW IMPACT AEROBICS Based on traditional aerobics, with great music... But with choreography that is designed to be a slightly slower tempo than that of your typical aerobics.	2pm	2pm	2pm	2pm	2pm	2pm	2pm
CLUB FIT Aerobic dance exercise. Enjoy old skool tunes in a darkened room with dazzling disco lights.	3pm	3pm	3pm	3pm	3pm	3pm	3pm
BALANCE & MOBILITY A circuit-style class to enhance balance, mobility, posture, overall functionality, and stability. (Light exercise and stretching.)	4pm	4pm	4pm	4pm	4pm	4pm	4pm
PIYO PiYo combines the strength of Pilates with the flexibility of yoga. A low impact class.	5pm	5pm	5pm	5pm	5pm	5pm	5pm
LEGS, BUMS & TUMS An aerobic-inspired, full-body workout that aims to tone up your thighs, bum & stomach. Perfect for enhancing your overall fitness levels.	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

Virtual Exercise Classes:

Virtual Body BALANCE™	A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.	Virtual Body COMBAT™	A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.
Virtual Body PUMP™	A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.	Virtual CORE™	Beneficial for your hips, butt and lower back! Not only that, cx worx is great for building overall core and body strength!

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Prices for Exercise Classes:

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Meridian Leisure Centre

Sports Hall Programme

Term Time | 28th April - 4th May

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OVER 45's Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!	7am	7am	7am	7am	7am	7am	7am
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've 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. (Fun & social!)	8am	8am	8am	8am	8am	8am	8am
	9am	9am	9am	9am	9am	9am	9am
	10am	Set Up / Take-Down	Set Up / Take-Down	Set Up / Take-Down	Set Up / Take-Down	10am	10am
	11am	Over 45's Session	MV Gymnastics (Pre-school)	Elections	Home Education Session	MV Gymnastics (Rise)	Football Fun Factory
	12pm	Set Up / Take-Down	Set Up / Take-Down	12pm	Set Up / Take-Down	12pm	Set Up / Take-Down
LOUTH BADMINTON CLUB A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.	1pm	Social Walking Netball	Set Up / Take-Down	1pm	1pm	1pm	1pm
	2pm	Set Up / Take-Down	Set Up / Take-Down	2pm	Set Up / Take-Down	2pm	2pm
SOCIAL WALKING NETBALL Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.	3pm	Pickleball	Set Up / Take-Down	3pm	3pm	3pm	3pm
	4pm	4pm	4pm	4pm	4pm	4pm	4pm
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 & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. Welcome to people of all ages and abilities!	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	Set Up / Take-Down	6pm	6pm	6pm	6pm	6pm
	7pm	Back to Netball	Elections	7pm	7pm	7pm	7pm
	8pm	Set Up / Take-Down	8pm	8pm	8pm	8pm	8pm
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) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com	9pm	9pm	9pm	9pm	9pm	9pm	9pm
PICKLEBALL Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.							

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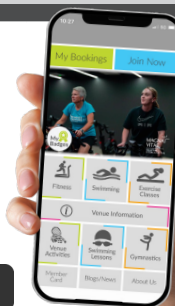
You can book online & via our app!
To find out prices & more for Sports Hall activities, browse [our website](https://www.magnavitae.org):



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Download Magna Vitae's app for **FREE!** Be 'appy.



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MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Term Time | 5th May - 11th May

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

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INCLUSIVE SWIM	Inclusive Swim: This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.						
SWIM LESSONS	Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! Learn more on our website... #PoolPower						
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9am	9am	9am	9am	9am	9am	9am	9am
10am	10am	10am	10am	10am	10am	10am	10am
11am	11am	11am	11am	11am	11am	11am	11am
12pm	12pm	12pm	12pm	12pm	12pm	12pm	12pm
1pm	1pm	1pm	1pm	1pm	1pm	1pm	1pm
2pm	2pm	2pm	2pm	2pm	2pm	2pm	2pm
3pm	3pm	3pm	3pm	3pm	3pm	3pm	3pm
4pm	4pm	4pm	4pm	4pm	4pm	4pm	4pm
5pm	5pm	5pm	5pm	5pm	5pm	5pm	5pm
6pm	6pm	6pm	6pm	6pm	6pm	6pm	6pm
7pm	7pm	7pm	7pm	7pm	7pm	7pm	7pm
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Wellness Studio Programme

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

magnavitae.org

MAGNA VITAE

TRUST FOR LEISURE & CULTURE

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6am	BANK HOLIDAY Opening hours: 6am-3pm						
7am	SPRINT	RPM	SPRINT				
8am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM		
9am	RPM		SPRINT	RPM	SPRINT	RPM	
10am	CYCLE	CYCLE			CYCLE	CYCLE	
11am				RPM	RPM		
12pm					SPRINT		
1pm		RPM		RPM	SPRINT	SPRINT	
2pm						RPM	SPRINT
3pm		RPM	RPM	RPM	RPM		
4pm		SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	RPM
5pm		RPM	RPM	SPRINT	SPRINT	RPM	RPM
6pm		SPRINT	RPM	RPM	BEGINNER RPM	RPM	SPRINT
7pm		RPM	CYCLE		SPRINT		
8pm			RPM	RPM	RPM		
9pm		SPRINT					

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Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

Meridian Leisure Centre

Dance Studio Programme

Term Time | 5th May - 11th May

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY CONDITIONING Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	BANK HOLIDAY Opening hours: 6am-3pm						
PILATES A combination of stretches and strength work. Great for improving posture & mobility on muscles around the spine.							
MATRE MOTORS A lower impact session using toning and mobility exercises, some of which are chair based.	Les Mills BodyPUMP						
YOGA Physical and mental exercises that use stretching & breathing to help improve posture and core stability, whilst helping you both to relax, and release stress.	Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE		
FITNESS PILATES Pilates inspired exercises combined with functional movements to improve posture, alignment & balance.		Latin Fit	Zumba	Fitness Pilates	Zumba	Latin Fit	Les Mills BodyPUMP
LATIN FIT Join Kelly to dance your way into fitness with this fun, aerobic style workout!		PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning		Les Mills BodyBALANCE
ZUMBA Combine the calorie burning benefits of aerobics with fun dance moves and you have Zumba! Caters for every ability.		Balance & Mobility	Core & Stretch	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam
CORE & STRETCH Benefit your whole body with some stretching, strength work and a bit of relaxation. (This is a floor-based class.)			Yoga	Cardiac Rehab	Les Mills BodyPUMP		Les Mills CORE
LOW IMPACT AEROBICS Based on traditional aerobics, with great music... But with choreography that is designed to be a slightly slower tempo than that of your typical aerobics.			Les Mills BodyPUMP			Les Mills Sh'Bam	
CLUB FIT Aerobic dance exercise. Enjoy old skool tunes in a darkened room with dazzling disco lights.			Private Hire		Les Mills BodyCOMBAT		
BALANCE & MOBILITY A circuit-style class to enhance balance, mobility, posture, overall functionality, and stability. (Light exercise and stretching.)		Les Mills BodyCOMBAT					Les Mills BodyPUMP
PIYO PiYo combines the strength of Pilates with the flexibility of yoga. A low impact class.			Les Mills BodyPUMP				Les Mills BodyBALANCE
LEGS, BUMS & TUMS An aerobic-inspired, full-body workout that aims to tone up your thighs, bum & stomach. Perfect for enhancing your overall fitness levels.			Les Mills BodyCOMBAT	Les Mills BodyPUMP	Latin Fit		Private Hire
		Zumba	CLUBFIT	Body Conditioning			
		Les Mills BodyPUMP	PiYo	Legs, Bums & Tums	Les Mills Sh'Bam		
		Les Mills CORE	Les Mills BodyPUMP	Les Mills BodyPUMP			

Virtual Exercise Classes:

Virtual Body BALANCE™	A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.	Virtual Body COMBAT™	A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.
Virtual Body PUMP™	A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.	Virtual CORE™	Beneficial for your hips, butt and lower back! Not only that, cx worx is great for building overall core and body strength!

- Bookings can be made up to 7 days in advance.
- All payments must be made at the time of booking.
- Need to cancel a booking? You must cancel at least 48 hours in advance in order to claim a refund.

Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

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

Meridian Leisure Centre

Sports Hall Programme

Term Time | 5th May - 11th May

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OVER 45's Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!	7am	7am	7am	7am	7am	7am	7am
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've 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. (Fun & social!)	8am	8am	8am	8am	8am	8am	8am
LOUTH BADMINTON CLUB A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.	9am	9am	9am	9am	9am	9am	9am
SOCIAL WALKING NETBALL Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.	10am	10am	10am	10am	10am	10am	10am
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 & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. Welcome to people of all ages and abilities!	11am	11am	11am	11am	11am	11am	11am
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) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com	12pm	12pm	12pm	12pm	12pm	12pm	12pm
PICKLEBALL Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.	1pm	1pm	1pm	1pm	1pm	1pm	1pm
	2pm	2pm	2pm	2pm	2pm	2pm	2pm
	3pm	3pm	3pm	3pm	3pm	3pm	3pm
	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

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- Need to cancel a booking? You must cancel at least 48 hours in advance in order to claim a refund.

You can book online & via our app!
To find out prices & more for Sports Hall activities, browse [our website](#):
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MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Term Time | 12th May - 25th May

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SP	Small Pirate Ship Pool: Temperature: 32 degrees						
MAIN POOL							
AQUACISE*							
INCLUSIVE SWIM							
SWIM LESSONS							
IMPORTANT: OTHER NOTES							
6am	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am
7am	Louth Swim Club	Louth Swim Club	Louth Swim Club	Louth Swim Club	Lane Swim 6.15am-9am	Louth Swim Club	Lane Swim 7.30am 5 lanes
8am	Lane Swim 6.15am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 7am-9am	Lane Swim 6.15am-9am	Lane Swim 7.15am 3 lanes	Tri Club 7.45am 3 lanes
9am	Swim Lessons	School Swim	General Swim	General Swim	Swim Lessons	General Swim	Swim Lessons
10am	Aquacise* 10:05-10:50am	General Swim	Small Pirate Pool	Aquacise* 10:05-10:50am	Aquacise* 10:05-10:50am	Swim Lessons	Swim Lessons
11am	Small Pirate Pool	General Swim	Swim Lessons	Swim Lessons	Small Pirate Pool	General Swim	General Swim
12pm	Swim Lessons	Swim Lessons	Aquacise* 12:15-1pm	Over 50's 12pm	School Swim	General Swim	General Swim
1pm	Lane Swim	General Swim	School Swim	School Swim	Lane Swim	General Swim	Family Fun Splash
2pm	School Swim	Focus Ability	Staff Training	Inclusive Swim	General Swim	General Swim	General Swim
3pm	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Louth Swim Club
4pm	Small Pirate Pool	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
5pm	General Swim	Louth Swim Club	Louth Swim Club	Louth Swim Club	Louth Swim Club	Louth Swim Club	Louth Swim Club
6pm	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim
7pm	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	General Swim
8pm	WB Club	General Swim	Tri Club 8.00pm 5 lanes	Lane Swim 8.00pm 3 lanes	Lane Swim 8.00pm 2 lanes	General Swim	General Swim
9pm	Lane Swim 8.00pm 2 lanes	Lane Swim 8.00pm 3 lanes	Lane Swim 8.00pm 3 lanes	Lane Swim 8.00pm 3 lanes	Lane Swim 8.00pm 2 lanes	Lane Swim 8.00pm 2 lanes	Lane Swim 8.00pm 2 lanes

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Prices for Swimming:					
Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!

Meridian Leisure Centre

Wellness Studio Programme

Term Time | 12th May - 25th May

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

PILATES	A combination of strength work & stretching that improves your overall posture and mobility. Feel the benefits on the muscles and around the spine.
YOGA	Physical & mental exercises that use stretches and breathing to enhance posture and core stability. Aids feeling relaxed and releases stress.
WHOLE BODY EXERCISE** (HELD IN MULTI-PURPOSE ROOM)	This class uses natural body movements to enhance your posture and strengthen your core. Work major muscle groups improves your co-ordination & better your balance! With this class, you are able to work at your own pace to a variation of rhythms. This class is suitable for all ages and abilities.
BALANCE & MOBILITY PILATES	Elevate your balance, mobility, posture and stability with this thoughtfully crafted class. It seamlessly blends Pilates-inspired movements with stretches and gentle exercises. Perfect for your overall well-being.
WELLNESS HOUR	Wellness Hour is a quiet session where you're able to use space for light aerobics, stretching & floor workouts. This session is unmanned. <i>Mats are available but please feel free to bring your own!</i>
AGELESS & AGILE** (HELD IN MULTI-PURPOSE ROOM)	Ageless & Agile is held in our Multi-Purpose room. It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)

You can book online and via our free Magna Vitae app! To find out more about our classes & activities, scan here to browse our website!



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am	Wellness Hour				Wellness Hour		
8am		Wellness Hour					
9am							
10am	Pilates	Pilates	Balance & Mobility Pilates				Wellness Hour
11am			Pilates		Pilates	Wellness Hour	
12pm		Yoga	Whole Body Exercise**		Pilates		
1pm							
2pm				Ageless & Agile**			
3pm							
4pm							
5pm							
6pm	Yoga	Yoga	Pilates	Yoga			
7pm	Yoga	Pilates	Wellness Hour	Wellness Hour			
8pm							
9pm							

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- Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

Virtual Beginner RPM
Are you new to cycling? Try out the 'Beginner's Virtual RPM' class! You will be shown all the basics from what to do, to how the bike works. An ideal way to try something new!

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 per session!

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

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

SYNRGY
Taking place in our Fitness Suite functional area, these classes are a great for enhancing your overall health, strength and fitness.

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

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Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

Meridian Leisure Centre

Dance Studio Programme

Term Time | 12th May - 25th May

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY CONDITIONING Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	6am	6am	6am	6am	6am	6am	6am
PILATES A combination of stretches and strength work. Great for improving posture & mobility on muscles around the spine.	7am	7am	7am	7am	7am	7am	7am
MATURE MOVERS A lower impact session using toning and mobility exercises, some of which are chair based.	8am	8am	8am	8am	8am	8am	8am
YOGA Physical and mental exercises that use stretching & breathing to help improve posture and core stability, whilst helping you both to relax, and release stress.	9am	9am	9am	9am	9am	9am	9am
FITNESS PILATES Pilates inspired exercises combined with functional movements to improve posture, alignment & balance.	10am	10am	10am	10am	10am	10am	10am
LATIN FIT Join Kelly to dance your way into fitness with this fun, aerobic style workout!	11am	11am	11am	11am	11am	11am	11am
ZUMBA Combine the calorie burning benefits of aerobics with fun dance moves and you have Zumba! Caters for every ability.	12pm	12pm	12pm	12pm	12pm	12pm	12pm
CORE & STRETCH Benefit your whole body with some stretching, strength work and a bit of relaxation. (This is a floor-based class.)	1pm	1pm	1pm	1pm	1pm	1pm	1pm
LOW IMPACT AEROBICS Based on traditional aerobics, with great music... But with choreography that is designed to be a slightly slower tempo than that of your typical aerobics.	2pm	2pm	2pm	2pm	2pm	2pm	2pm
CLUB FIT Aerobic dance exercise. Enjoy old skool tunes in a darkened room with dazzling disco lights.	3pm	3pm	3pm	3pm	3pm	3pm	3pm
BALANCE & MOBILITY A circuit-style class to enhance balance, mobility, posture, overall functionality, and stability. (Light exercise and stretching.)	4pm	4pm	4pm	4pm	4pm	4pm	4pm
PIYO PiYo combines the strength of Pilates with the flexibility of yoga. A low impact class.	5pm	5pm	5pm	5pm	5pm	5pm	5pm
LEGS, BUMS & TUMS An aerobic-inspired, full-body workout that aims to tone up your thighs, bum & stomach. Perfect for enhancing your overall fitness levels.	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

Virtual Exercise Classes:

Virtual Body BALANCE™	A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.	Virtual Body COMBAT™	A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.
Virtual Body PUMP™	A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.	Virtual CORE™	Beneficial for your hips, butt and lower back! Not only that, cx worx is great for building overall core and body strength!

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Prices for Exercise Classes:

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45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

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Meridian Leisure Centre

Sports Hall Programme

Term Time | 12th May - 25th May

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OVER 45's Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!	6am	6am	6am	6am	6am	6am	6am
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've 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. (Fun & social!)	7am	7am	7am	7am	7am	7am	7am
MAGNA VITAE GYMNASTICS	8am	8am	8am	8am	8am	8am	8am
	9am	9am	9am	9am	9am	9am	9am
	10am	10am	10am	10am	10am	10am	10am
	11am	11am	11am	11am	11am	11am	11am
	12pm	12pm	12pm	12pm	12pm	12pm	12pm
	1pm	1pm	1pm	1pm	1pm	1pm	1pm
	2pm	2pm	2pm	2pm	2pm	2pm	2pm
	3pm	3pm	3pm	3pm	3pm	3pm	3pm
	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

OVER 45's
Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!

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MAGNA VITAE GYMNASTICS

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A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.

SOCIAL WALKING NETBALL
Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.

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 & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. Welcome to 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) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com

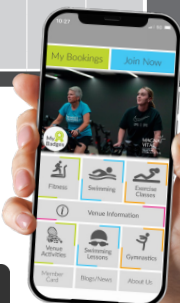
PICKLEBALL
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