

# Meridian Leisure Centre

# Main Pool & Leisure Pool Programme

Easter Holidays | 7<sup>th</sup> - 13<sup>th</sup> 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		FRIDAY		SATURDAY		SUNDAY	
SP	Small Pirate Ship Pool (32 degrees)		SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL
MAIN POOL	Main Pool: 25m in length and 8 lanes wide. (29 degrees)													
FLUME	Our flume operates when the leisure pool is open.													
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.													
MV POOL PARTY	A session in the pool with music, pool noodles, toys and beach balls.													
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+													
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.														
6am	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL
7am		Louth Swim Club		Louth Swim Club		Louth Swim Club		Louth Swim Club		Lane Swim 6.15am-9am				
8am		Lane Swim 6.15am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 7am-9am		Lane Swim 6.15am-9am		Louth Swim Club	Lane Swim 7.30am	Tri Club 7.45am 3 lanes
9am				Family Fun Splash		Breakfast Club								
10am		Swim Lessons								Swim Lessons	MV Pool Party			
11am		Aquacise* 10:05am-10:50am		General Swim		Swim Lessons		Aquacise* 10:05am-10:50am		Aquacise* 10:05am-10:50am		Swim Lessons		
12pm		General Swim		Swim Lessons		General Swim		Swim Lessons		General Swim		General Swim		
1pm				Aquacise* 12:15pm - 1:00pm		Aquacise* 12.15-1pm		Over 50's 12pm		General Swim		General Swim		
2pm	Small Pirate Pool	Lane Swim	Small Pirate Pool	Family Fun Splash	Small Pirate Pool	Lane Swim	Small Pirate Pool	Family Fun Splash	Small Pirate Pool	Family Fun Splash		Family Fun Splash		
3pm		Pool Inflatable (8yrs+ / must swim 50m)		General Swim				NPLQ Course		NPLQ Course		NPLQ Course		
4pm				General Swim				General Swim		General Swim		General Swim		
5pm		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons				
6pm														
7pm		General Swim		Louth Swim Club				Louth Swim Club		Louth Swim Club				
8pm														
9pm														

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

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

# Meridian Leisure Centre

# Main Pool & Leisure Pool Programme

Easter Holidays | 14<sup>th</sup> - 20<sup>th</sup> 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

SP	Small Pirate Ship Pool (32 degrees)
MAIN POOL	Main Pool: 25m in length and 8 lanes wide. (29 degrees)
FLUME	Our flume operates when the leisure pool is open.
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.
MV POOL PARTY	A session in the pool with music, pool noodles, toys and beach balls.
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+
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

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

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		GOOD 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															6am
7am															7am
8am															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

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

# Meridian Leisure Centre

# Wellness Studio Programme

Easter Holidays | 7<sup>th</sup> - 13<sup>th</sup> 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.

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

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# Meridian Leisure Centre

# Wellness Studio Programme

Easter Holidays | 14<sup>th</sup> - 20<sup>th</sup> 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

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WELLNESS HOUR	Wellness Hour is a quiet session for users and members to use for stretching, light aerobics and floor workouts. This session is unmanned. Mats are provided, however you are advised to bring your own.

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

\*GOOD FRIDAY  
6am - 3pm  
  
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# Meridian Leisure Centre

# Fitness Suite & Cycle Studio Programme

Easter Holidays | 7<sup>th</sup> - 13<sup>th</sup> 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
Vitruat Classes	£3.85	£3.20	£2.80	FREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	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	RPM	BEGINNER RPM
4pm	RPM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	RPM
5pm	RPM	RPM	RPM	SPRINT	SPRINT	RPM	SPRINT
6pm	CYCLE	SPRINT	RPM	RPM	BEGINNER RPM	RPM	RPM
7pm			CYCLE		SPRINT		SPRINT
8pm	RPM	RPM		RPM	RPM		
9pm	RPM	SPRINT	RPM				

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

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.

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# Meridian Leisure Centre

# Fitness Suite & Cycle Studio Programme

Easter Holidays | 14<sup>th</sup> - 20<sup>th</sup> 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						
9pm	RPM	SPRINT	RPM				

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

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Yoga/Pilates	£9.55	£7.80	£7.10	FREE
Vitrual Classes	£3.85	£3.20	£2.80	FREE

# Dance Studio Programme

Easter Holidays | 7<sup>th</sup> - 13<sup>th</sup> April

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	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	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!	Pilates	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.	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		Private Hire	6pm
		Les Mills BodyPUMP	Zumba		Body Conditioning	Latin Fit			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.			
		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.			

# Meridian Leisure Centre

# Dance Studio Programme

Easter Holidays | 14<sup>th</sup> - 20<sup>th</sup> April

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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	
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 musclesaround 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.			

Easter Holidays | 7<sup>th</sup> - 13<sup>th</sup> April

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7am								7am
8am								8am
9am	Holiday Activity and Food Programme			Holiday Activity and Food Programme		MV Gymnastics (Rise)		9am
10am		Set Up / Take-Down						10am
11am		Over 45s Session						11am
12pm		Set Up / Take-Down						12pm
1pm		Social Walking Netball						1pm
2pm		Set Up / Take-Down		Set Up / Take-Down			Set Up / Take-Down	2pm
3pm		Pickleball		Over 45s Session	Set Up / Take-Down	MV Gymnastics (Pre-school)	Louth Cricket Club	3pm
4pm				Set Up / Take-Down			Ladies Cricket	4pm
5pm		Set Up / Take-Down				Set Up / Take-Down		5pm
6pm	Set Up / Take-Down	Louth Cricket Club					Set Up / Take-Down	6pm
7pm	Back to Netball	Set Up / Take-Down					Men's Netball	7pm
8pm	Louth Badminton Club		Wheelchair Basketball <i>Louth Jaguars</i>				Set Up / Take-Down	8pm
9pm								

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

Payment must be made on booking. A booking can be made up to a week in advance.  
Please note: bookings must be cancelled at least 48 hours in advance for a refund.

		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								4pm
LOUTH NETBALL CLUB	5pm		Set Up / Take-Down		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 | 21<sup>st</sup> - 27<sup>th</sup> 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

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

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**MAGNA VITAE**  
TRUST FOR LEISURE & CULTURE

# Meridian Leisure Centre

# Wellness Studio Programme

Term Time | 21<sup>st</sup> - 27<sup>th</sup> 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

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

# Meridian Leisure Centre

# Fitness Suite & Cycle Studio Programme

Term Time | 21<sup>st</sup> - 27<sup>th</sup> 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	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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# 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
Vitruual Classes	£3.85	£3.20	£2.80	FREE

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.
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.
YOGA	A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.
FITNESS PILATES	Pilates based exercises combined functional movements to improve posture, alignment and balance.
LATIN FIT	Join Kelly on Saturday mornings and dance your way into fitness with this fun, aerobic style workout!
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.
CORE & STRETCH	A floor-based class working the whole body, with stretch, strength, coordination and relaxation.
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.
CLUB FIT	Aerobic dance exercise to old skool tunes in a darkened room with disco lights.
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.
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.
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.

	EASTER MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							6am
7am							7am
8am	Les Mills BodyPUMP						8am
	Les Mills CORE	Les Mills BodyBALANCE		Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE	
9am							9am
10am	Pilates		Zumba	Fitness Pilates	Zumba	Latin Fit	Les Mills BodyPUMP
11am	PIYo		Body Conditioning	Low Impact Aerobics	Body Conditioning	Les Mills BodyCOMBAT	Les Mills BodyBALANCE
12pm	Balance & Mobility		Core & Stretch	Body Conditioning		Les Mills BodyPUMP	Les Mills Sh'Bam
1pm			Yoga	Cardiac Rehab	Les Mills BodyPUMP		Les Mills CORE
2pm			Les Mills BodyPUMP			Les Mills Sh'Bam	
			Private Hire		Les Mills BodyCOMBAT		
3pm							
		Les Mills BodyCOMBAT					Les Mills BodyPUMP
4pm			Les Mills BodyPUMP				Les Mills BodyBALANCE
5pm			Les Mills BodyCOMBAT	Les Mills BodyPUMP	Private Hire		Private Hire
6pm		Zumba			Latin Fit		
			CLUBFIT	Body Conditioning			
7pm							
		Les Mills BodyPUMP	PIYo	Legs, Bums & Tums	Les Mills Sh'Bam		
8pm							
		Les Mills CORE	Les Mills BodyPUMP (45mins)	Les Mills BodyPUMP			
9pm							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.
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.

\*Easter Monday Open:  
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	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	Easter Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	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 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.	8am			Set Up / Take-Down				Set Up / Take-Down	8am
LOUTH BADMINTON CLUB	A friendly adults badminton club, playing on a Monday evening from 7.30pm to 9.30pm. They play social mixed badminton and welcome all abilities. To contact us, either email us at: louthbc2020@gmail.com or come and join in!	9am								9am
SOCIAL WALKING NETBALL	Social walking netball is suitable for all ages. Only £3.50 per session with an MV card (or £4.20 per session without an MV card)	10am	Set Up / Take-Down				Set Up / Take-Down		Football Fun Factory	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 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.	11am	Over 45s Session		MV Gymnastics (Pre-school)		Home Education Session	MV Gymnastics (Rise)	Set Up / Take-Down	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) & 8:00-9:00pm: (Age 16+). For additional information, please email: carolynblackburn0409@gmail.com	12pm	Set Up / Take-Down				Set Up / Take-Down			12pm
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.	1pm	Social Walking Netball							1pm
		2pm	Set Up / Take-Down			Set Up / Take-Down				2pm
		3pm		Pickleball	Set Up / Take-Down	Over 45s Session	Set Up / Take-Down	MV Gymnastics (Pre-school)	Little Childrens Market	3pm
		4pm				Set Up / Take-Down				4pm
		5pm						Set Up / Take-Down		5pm
		6pm					MV Gymnastics (Rise)		Set Up / Take-Down	6pm
		7pm				Louth Netball Club			Mixed Netball	7pm
		8pm							Set Up / Take-Down	8pm
		9pm								

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

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