Venue Opening Times: Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

Swimming Pool Programme

Term Time | 28th April - 4th May

General Swim	This is an open swimming pool session - suitable for all abilities.	6am	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 6
Lane Swim	Where general swim sessions include lane swimming at the side, please note that it references 1 lane in the	- 7am	General Swim 6.30am-7.30am 6.30am-7.30am	General Swim 6.30am-7.30am 6.30am-7.30am	General Swim 6.30am-7.30am 6.30am-7.30am	General Swim 6.30am-7.30am 6.30am-7.30am	General Swim 6.30am-7.30am 6.30am-7.30am		7.
	swimming pool (alongside the general swim area.) On Thursdays from 6pm-7pm, 2 lanes are available. On Mondays from 10am-11am and	8am	General Swim 7.30am-8.30am	General Swim 7.30am-8.30am	General Swim 7.30am-8.30am Lane Swim 7.30am-8.30am	General Swim 7.30am-8.30am T.30am-8.30am	General Swim 7.30am-8.30am T.30am-8.30am		Adults Only Swim
Classed	Fridays from 11am-12noon, all 4 lanes (with no general swimming alongside.)	9am	General Swim 8.30am-9.30am 8.30am-9.30am		General Swim 8.30am-9.30am 8.30am-9.30am	General Swim Swim 8.30am-9.30am 8.30am-9.30am	General Swim 8.30am-9.30am 8.30am-9.30am	Lane Swim	8am-9am Aquacise
	This session is targeted to those who are looking for a slower paced swim session. 16yrs+ **Enjoy a discounted hot drink at the onsite Bistro!	10am	General Swim 9.30am-10.30am 9.30am-10.30am	School Swim	Aquacise 9.30am-10.30am	School Swim	General Swim 9.30am-10.30am 9.30am-10.30am	Swim Lessons Lane Swim	9am-10am General Swim 10am-11am
chool Swim	School's Swimming pool booking - local school's visit for venue and use the pool to learn to swim. At times	11am	Gentle Aquacise 10.30am-11.30am	Home	Slow and Steady Social Swim** 10.30am-11.30am		Lane Swim (4 lanes)	10am-11am General Swim	General Swim ☐ 5 5 7
	where school's are not in we will add	12pm	Slow and Steady Social Swim** 11.30am-12.30pm	Education Swim General Swim 12noon-1pm	Slow and Steady Social Swim** 11.30am-12.30pm	Aquacise 11.30am-12.30pm	11am-12noon	General Swim	General Swim 말.
Inclusive Swim	This is an open session with one lane - factoring in sensory & behaviour needs. We won't have music playing	1pm	Slow and Steady Social Swim** 12.30pm-1.30pm	Ducklings Lessons	Staff Training 12.30pm-2.30pm	School Swim	Slow and Steady Social Swim** 12.30pm-1.30pm	12noon-1pm ゴ ふ Inclusive Swim 1pm-2pm	General Swim
	and will use natural lighting rather than artificial lighting where possible.	2pm	General Swim 1.30pm-2.30pm Lane Swim 1.30pm-2.30pm	School Swim	12.30рш 2.30рш	General Swim 1.30pm-2.30pm	Aquacise 2pm-3pm	Family Fun Splash	Family Fun Splash
Supported Swim	Swim based exercises for those on health referral programmes, providing advice and guidance around chronic pain management.	3pm	General Lane Swim Swim 3pm-4pm 3pm-4pm	General Swim 3pm-4pm	Inclusive Swim 2.30pm-3.30pm Supported Swim	General Swim 2.30pm-3.30pm	υε	Available for Pool Party Hire	Available for Pool Party Hire
Adult Only Swim	Adults only swim is for 16 years+. There is 2 single lanes and 1 double lane in this session.	4pm	General Swim 4pm-5pm 4pm-5pm	General Swim Swim	3.30pm-4.30pm	Swim Lessons	General Swim 3.30pm-4.30pm		5
Aquacise	Please note this session is 45 minutes, and will start 15 minutes into the hour session. Using the benefits of water	. 5pm 6pm	General Lane Swim Spm-6pm 5pm-6pm	Lessons General Swim 5pm-6pm	General Swim 4.30pm-5.30pm	Ducklings Lessons	Family Fun Splash 4.45pm-5.45pm	Please Our Program	e note:
	resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.	- 7pm	General Swim 6pm-7pm	General Swim 6pm-7pm	Inclusive Swim 6pm-7pm	Adult Swim Lessons Lane Swim (2 lanes) 6pm-7pm	General Swim 6pm-7pm		the discretion
Gentle Aquacise	Please note this session is 45 minutes and will start 15 minutes into the hour session. Using the benefits of water resistance: Great for improving flexibility, strength and endurance. Perfect for those recovering from injury or wanting a gentler class.	8pm	Aquacise 7pm-8pm	Adults Only Swim 7pm-8pm	Adults Only Swim 7pm-8pm	General Swim 7pm-8pm Tpm-8pm	Adults Only Swim 7pm-8pm	reasons beyon Thank you fo	this is often for and our control.
Family Fun Splash	The perfect session that suits for all ages! Have fun with floats with plenty of space to make a splash! Great for kids and families to enjoy quality time together.	. 9pm "	Pricing for Member Swimming £5.65	MV Card Holder Card F £4.65 £4. th and 4 lanes wide. (29	Holder 2-4yrs 25 £2.50 £	der 2's My Bookings 1.00	Download on the App Store App Store Grandou Google Play	To view	Il swimmers abide by the swim policy. It his, please the QR code:

DID YOU KNOW?

We strongly advise pre-booking your

swimming sessions. Swimming sessions are non-transferable and

non-refundable.

Our Swimming Pool is open to **Party Hire** on Saturdays & Sundays from 3pm-4pm! **There's no party like a Magna Vitae party...** Scan this QR code to view our party leaflet: Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.



magnavitae.org

sessions on our mobile app or by visiting our website (magnavitae.org)

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



Venue Opening Times: Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

Instructor-led Classes

PILATES

CARDIO BODYWEIGHT

Exercise Class Programme

Bodyweight, equipment and resistance training. Build & sculpt muscle and feel the burn using dumbbells.

Replicate a real-life 25/45 minute ride! These workouts use revolutions per minute (RPM) and resistance.

Bodyweight and resistance training to build and sculpt muscle. Master control with this class. No weights required.

Term Time | 28th April - 4th May

TRUST FOR LEISURE & CULTURI

2103303						· ·				
Using the benefits of water resistance for a low impact cardio & muscle toning workout that suits a wide range of abilities and user						MV Card Holder MV Co	ncession Card Holder £5.65	Membership FREE		
groups.	_			Yoga/P	ilates £9.55	£7.80	£7.10	FREE		
Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time.	MONDAY 6am	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6am		
A physical & mental exercise using stretching and breathing to help improve posture and core stability. Helpful to relax & release stress!	7am	VOGA**			DIVE			7am		
A slow-paced class moves through a series of	8am	TOUA	BIKE~					8am		
gentle movements connecting your breath to your body, improving relaxation, flexibility and recovery. Especially well-suited for those with print treather steaming any other treathers.	9am	BIKE~	YOGA**		Pilates**	YOGA**	YOGA**	9am		
	_ BIKE~		Cardio	Cycle~			Aquacise*			
exercises. A great class for those looking for muscle shaping away from the gym.	10am BodyWeight Strength* Ageless	Kettlebell Circuits**	BodyWeight** Stretch & Aquacise* Mobility**	Cardio Dumbbell**	Breathwork**	BIKE~		10am		
	11am Agile*** Aquacise*	Curlo	7b a**		RIKE		BodvWeight Stre	ngth**		
improve other factors like the strength of your		Cycle~	Zumba		DINL~		200)			
coordination.	12pm		Pilates**	Aquacise*	Core & Stretch**	Breathwork**	BIKE~	12pm		
	1pm				Core & Stretch		Churchalla C Marla	1pm		
exercise and stretching.	Gentle Yoga**	Breathwork**	BIKE~	DIVE	Rody Conditioning**	Strength Dumbbell**	Stretch & Mobi	iity		
Cycle is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	2pm BIKE~			BIKE~	Aquacise*	BIKE~	Pilates**	2pm		
Boxercise® is an extremely popular form	- 3pm	BIKF~	5 114411.0	and the state of t				3pm		
of fitness training. The punches taught		BIRE	BodyWeight Strength**	YOGA**		Cardio BodyWeight*	* YOGA**			
The classes also include a range of circuit								4pm		
training exercises for a full body workout.	Cardio BodyWeight**		Strength Dumbbell**		BIKE~					
Combine the calorie burning benefits of	5pm							5pm		
& you have Zumba. Catering for all abilities.	Boxercise Circuits**	Circuits**								
Get fit & bring your Latin spirit with you.	6pm		Cycle~		Strength Dumbhell**	Our classes take plac	e in the following loca	tions: 6pm		
Wellbeing advice, seated exercises, indoor	Body Conditioning**	BIKE~	Pody Conditioning**	Cardio Bodyvveight**	Strength Dumbbell	* - Class takes place	in the swimming po	ol		
	7pm		. Body Coriditioning	Du/E	Stretch & Mobility**					
Marko: marko.humphrey@mvtlc.org	Cycle~ Aquacise*	Strength Dumbbell**		BIKE~	Caroteri et i iozinici	** - Class takes plac	e in Engine Room Tv	vo		
Please note this session is 45 minutes, and	8pm VOC 4**		Core & Stretch**	Pilates**	BIKE~	~~ - Class takes pla	ce in the Fitness Suit	te 8pm		
	YOGA			T liaces	DIKL~	*** - Class takes pla	ce in The Signal Box			
Great for improving flexibility, strength & endurance. Perfect for those recovering	9pm							9pm		
			CARDIO DUMBBELL	High intensity classes to burn	fat, tone muscle and build stamin	a using dumbbells.				
BREATHWORK Improve joint health and flexibility, build core strength and prevent injury. YOGA Become more relaxed and focused. Tune in. Tone up. And find your zen.										
	Using the benefits of water resistance for a low impact cardio & muscle toning workout that suits a wide range of abilities and user groups. Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time. A physical & mental exercise using stretching and breathing to help improve posture and core stability. Helpful to relax & release stress! A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility and recovery. Especially well-suited for those with pain, trouble sleeping, anxiety or stress. Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym. Kettlebells is designed to not just help improve your strength, but will also help to improve other factors like the strength of your core, improve balance & flexibility as well as coordination. This class designed to improve your balance, mobility, posture and stability through light exercise and stretching. Cycle is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session! Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts. The classes also include a range of circuit training exercises for a full body workout. Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for all abilities. Get fit & bring your Latin spirit with you. Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more information on these sessions, please contact Marko: marko.humphrey@mytlc.org Please note this session is 45 minutes, and will start 15 minutes into the hour session. Using the benefits of water resistance: Great for improving flexibility, strength & endurance. Perfect for those recovering from injury or wanting a gentle	Using the benefits of water resistance for a low impact cardio & muscle toning workout that suits a wide range of abilities and user groups. Circuit classes are high energy and fast-paced and involve moving your way around different exercise stations performing each exercise as many times as you can in a set amount of time. A physical & mental exercise using stretching and breathing to help improve posture and core stability. Helpful to relax & release stress! A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility and recovery. 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Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for all abilities, cet if & bring your Latin spirit with you. Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more for more impromed to mit here seasons, pleace contact Marko marko humphrey/emid.cog Please note this session is 45 minutes, and will start 15 minutes into the hour session. Using the benefits of training agentier class.	Using the benefits of water resistance for a low impact cardio & muscle to taring workout that suits a wide range of abilities and user groups. Circuit classes are high emergy and fast-paced and involve moving your way around different countries statistice performing each oxeroids as many firms as you can in a set amount of time. Aphysical & mental exercise using stretching and benefits of help improve portaine and consentially helpful to relace & release statistical to your body, improving relacions, floobility and converting a gentless connecting your breast to your body, improving relacions, floobility and fast to your body, improving relacions, floobility and your distributions, and the fast to your body with a your distribution of the fast to your body from the your distributions of floobility, serving floob	Long the benefits of water resistance for a few impact cards of mucch to mining workput and calls were started and mode moving your way around different earns and and another moving your way around different earns and another way around earns and another of time. A physical of menial exercise using sheeld ring and formation and formatio	Design of water residence for the integrant of the integrant of the integrant of all the and start per defilities and start per definities and s	MonDay Tuesday Agriculture Agricultu	Both performance makes and programs for the control of the contr		

BODYWEIGHT STRENGTH

A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.

High intensity classes to burn fat, tone muscle and build stamina. No weights required using bodyweight only.

To improve mobility, flexibility and mental focus.

Venue Opening Times: Bank Holiday Monday: 8.30am-5.30pm | Tuesday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

Swimming Pool Programme

Term Time | 5th - 11th May

General Swim	This is an open swimming pool session - suitable for all abilities.	6am	MONDAY Bank Holiday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim	Where general swim sessions include lane swimming at the side, please note that it references 1 lane in the	- 7am	Opening Times: 8.30am-5.30pm	General Lane Swim Swim 6.30am-7.30am 6.30am-7.30a	General Swim 6.30am-7.30am 6.30am-7.30am	General Swim 6.30am-7.30am	General Swim 6.30am-7.30am 6.30am-7.30am		7
	swimming pool (alongside the general swim area.) On Thursdays from 6pm-7pm, 2 lanes are available. On Mondays from 10am-11am and	8am		General Swim 7.30am-8.30am 7.30am-8.30a	General Swim 7.30am-8.30am 7.30am-8.30am	General Swim 7.30am-8.30am T.30am-8.30am	General Swim 7.30am-8.30am		Adults Only Swim
	Fridays from 11am-12noon, all 4 lanes (with no general swimming alongside.)	_ 9am	General Swim 8.30am-9.30am 8.30am-9.30am		General Swim 8.30am-9.30am 8.30am-9.30am	General Swim Swim 8.30am-9.30am 8.30am-9.30am	General Swim 8.30am-9.30am 8.30am-9.30am 8.30am-9.30am	Lane Swim	8am-9am Aquacise
	This session is targeted to those who are looking for a slower paced swim session. 16yrs+ *Enjoy a discounted hot drink	10am	General Swim 9.30am-10.30am 9.30am-10.30am	School Swim	Aquacise 11.30am-12.30pm	School Swim	General Swim 9.30am-10.30am 9.30am-10.30am	Swim Lessons Lane	9am-10am
School Swim	at the onsite Bistro! School's Swimming pool booking -	_ 	Gentle Aquacise		Slow and Steady Social Swim**	School Swiiii	7100dm 10.00dm	Swim 10am-11am	General Swim 10am-11am Swin 10am-11am
	local school's visit for venue and use the pool to learn to swim. At times where school's are not in, we will add	12pm	Slow and Steady Social Swim**	Home Education Swim	10.30am-11.30am Slow and Steady Social Swim**	Aquacise	Lane Swim (4 lanes) 11am-12noon	General Swim	General Swim
	general swimming sessions in place. Keep an eye on our website and the FREE Magna Vitae app for updates!	·	11.30am-12.30pm Slow and Steady	General Swim 12noon-1pm	11.30am-12.30pm	11.30am-12.30pm	Slow and Steady	General Swim 12noon-1pm	General Swim
Inclusive Swim	This is an open session with one lane - factoring in sensory & behaviour needs. We won't have music playing	⁻ 1pm	Social Swim** 12.30pm-1.30pm General Lane	Ducklings Lessons	Staff Training 12.30pm-2.30pm	School Swim General Swim	Social Swim** 12.30pm-1.30pm	Inclusive Swim 1pm-2pm	General Swim
	and will use natural lighting rather than artificial lighting where possible.	2pm	Swim Swim 1.30pm-2.30pm 1.30pm-2.30pm	School Swim		General Swim	Aquacise	Family Fun Splash	Family Fun Splash
Supported Swim	Swim based exercises for those on health referral programmes, providing advice and guidance around chronic	3pm	General Lane Swim Swim	General Swim	Inclusive Swim 2.30pm-3.30pm	2pm-3pm كي كي	2piii-3piii	Available for Pool Party Hire	Available for Pool Party Hire
Adult Only Swim	pain management. Adults only swim is for 16 years+. There is 2 single lanes and 1 double	- 4pm	3pm-4pm 3pm-4pm General Lane Swim Swim	General Swim	Supported Swim 3.30pm-4.30pm	Swim	General Swim 3.30pm-4.30pm	raity file	Party mile
Aquacise	lane in this session. Please note this session is 45 minutes, and will start 15 minutes into the hour	_ 5pm	4pm-5pm 4pm-5pm	Swim 4pm-5pm Lessons General Swim	General Swim 4.30pm-5.30pm	Lessons Ducklings	Family Fun Splash 4.45pm-5.45pm	Please	e note:
	session. Using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.	6pm		General Swim 6pm-7pm 6pm-7pm 5pm-6pm-7pm	Inclusive Swim	Adult Swim Lessons Lane Swim (2 lanes)	General Swim	to change at	nme is subject the discretion by Manager.
Gentle Aquacise	Please note this session is 45 minutes and will start 15 minutes into the hour session. Using the benefits of water resistance: Great for improving flexibility, strength and endurance.	7pm - 8pm		Adults Only Swim 7pm-8pm	Adults Only Swim 7pm-8pm	General Swim 7pm-8pm Lane Swim 7pm-8pm	Adults Only Swim 7pm-8pm	reasons beyon Thank you f	this is often for nd our control. for all of your understanding!
Family Fra	Perfect for those recovering from injury or wanting a gentler class.	_ 9pm	Dricing Non	MV Card MV Co	oncession Age Un	nder 2's	© Download on the App Store		All swimmers
Family Fun Splash	The perfect session that suits for all ages! Have fun with floats with plenty of space to make a splash! Great for kids and families to enjoy quality time		Pricing for Member £5.65	· Holder Card	Holder 2-4yrs	My Bookings	App Store Germon Google Play	must a Safe a To view	All swimmers abide by the Swim policy. V this, please
NOTES	together. We strongly advise pre-booking your swimming sessions. Swimming	-	1	th and 4 lanes wide. (29 app or by visiting our w	0 ,			scan ti	he QR code:

DID YOU KNOW?

swimming sessions. Swimming sessions are non-transferable and

non-refundable.

Our Swimming Pool is open to **Party Hire** on Saturdays & Sundays from 3pm-4pm! **There's no party like a Magna Vitae party...** Scan this QR code to view our party leaflet: Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.



magnavitae.org

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



Exercise Class Programme

Venue Opening Times: Bank Holiday Monday: 8.30am-5.30pm | Tuesday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

Term Time | 5th - 11th May

Instructor-led C	Taccac				, ,	'			1011	11 11111		I ITIGY
						Evercise	Classes	Non Member	MV Card Holder	MV/Conce	ession Card Holder	Membership
AQUACISE*	Using the benefits of water resistance for a low impact cardio & muscle toning workout									IVIV COIICE	£5.65	
	that suits a wide range of abilities and user groups.						- 1 hour	£7.55	£6.25			FREE
CIRCUITS	Circuit classes are high energy and fast-paced	-				Yoga/	Pilates	£9.55	£7.80		£7.10	FREE
CIRCUITS	and involve moving your way around different		MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURE	DAY	SUNDAY	
	exercise stations performing each exercise as many times as you can in a set amount											
	of time.	6am										6am
YOGA	A physical & mental exercise using stretching	7am										7am
	and breathing to help improve posture and core stability. Helpful to relax & release stress!	7 aiii		VOCA**				BULE				7 8111
GENTLE YOGA	A slow-paced class moves through a series of	- 8am	Bank Holiday	YOGA**	BIKE~			BIKE~				8am
	gentle movements connecting your breath to your body, improving relaxation, flexibility and		Opening Times:	BIKE~				Pilates**	Yesh	**	YOGA**	
	recovery. Especially well-suited for those with	9am	8.30am-5.30pm	DIIXL~	YOGA**				YOGA		TOGA	9am
5057	pain, trouble sleeping, anxiety or stress.	-	BIKE~		Cardio	Cycle~					Aguacise*	
BODY CONDITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for	10am	odyWeight		BodyWeight** Stretch & Aquacise*							10am
	muscle shaping away from the gym.	-	Strength** Ageless	Kettlebell Circuits**	Mobility**	Cardio Dumbbell**	Bı	reathwork**	BIKE			
KETTLEBELL CIRCUITS	Kettlebells is designed to not just help improve your strength, but will also help to	11am	Ageless & Gentle Agile*** Aquacise*	0.1	7 1 **			BIKE~			BodyWeight Strer	11am
CIRCOTTS	improve other factors like the strength of your		Pilates**	Cycle~	Zumba**			DIKL~			2007.10.8.100.0.	
	core, improve balance & flexibility as well as coordination.	12pm	Yoga**		Pilates**	Aquacise*			Breathwo	ork**	BIKE~	12pm
CORE &	This class designed to improve your balance,	-	1064		. maree		Со		Diediiwe	410		4
STRETCH	mobility, posture and stability through light exercise and stretching.	1pm	Gentle Yoga**	Breathwork**	BIKE~						Stretch & Mobili	1pm
CYCLE		_ 2pm	Gernie roga			BIKE~	Body	Conditioning**	Strength Dun	nbbell**		2pm
CYCLE	Cycle is a high-intensity exercise on a stationary bike. It combines cardio and	2piii	DIVE								Pilates**	Ζριτι
	endurance in a calorie-crunching session!	- 3pm ■	BIKE~					Aquacise*	BIKE		T liates	3pm
BOXERCISE CIRCUITS	Boxercise® is an extremely popular form of fitness training. The punches taught	-,		BIKE~	BodyWeight Strength**	YOGA**			Cardio Body\	Veight**	YOGA**	
	include jab, cross, hooks and uppercuts.	4pm										4pm
	The classes also include a range of circuit training exercises for a full body workout.				Strength Dumbbell**			BIKE~				
ZUMBA	Combine the calorie burning benefits of	5pm										5pm
	traditional aerobics with fun dance moves & you have Zumba. Catering for all abilities.			Circuits**								
	Get fit & bring your Latin spirit with you.	6pm			Cycle~		Stron	gth Dumbbell**	Our classes to	ake place ir	the following locat	ions: 6pm
AGELESS &	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more			BIKE~	Body Conditioning**	Cardio BodyWeight**	Suen				the swimming poo	
AGILE	information on these sessions, please contact	7pm			Body Corlationing	BIKE~	Streto	ch & Mobility**	~ - Class tak	es place in	Engine Room One	e /pm
	Marko: marko.humphrey@mvtlc.org			Strength Dumbbell**	Core & Stretch**	DINE~					n Engine Room Tw	
GENTLE AQUACISE	Please note this session is 45 minutes, and will start 15 minutes into the hour session.	8pm				Pilates**		BIKE~	*** - Class to	ikes place	in the Fitness Suite in The Signal Box	e 8pm
712 071312	Using the benefits of water resistance:	9pm							- Class to	акез ріасе	III THE SIGNAL DOX	9pm
	Great for improving flexibility, strength & endurance. Perfect for those recovering	7piii										7piii
\(\(\text{'}\) \(\text{'}\) \(\text{'}\)	from injury or wanting a gentler class.				CARDIO DUMBBELL	High intensity classes to bu	n fat tone m	uscle and build stamin	na using dumbhells			
Virtual Classes d		- ادائيط بط	m strongth and provided in its		YOGA	Become more relaxed and f						
BREATHW								· · · · · · · · · · · · · · · · · · ·	,	ucing dumbb	olle	
STRETCH & M		STRENGTH DUMBBELL	Bodyweight, equipment and resistance training. Build & sculpt muscle and feel the burn using dumbbells. Bodyweight and resistance training to build and sculpt muscle. Master control with this class. No weights required.									
PILATE				ity on the muscles around the spine							<u>·</u>	, , , , ,
	CARDIO BODYWEIGHT High intensity classes to burn fat, tone muscle and build stamina. No weights required using bodyweight only. BIKE Replicate a real-life 25/45 minute ride! These workouts use revolutions per minute (RPM) and resistance. MAGNA VITAE											
Magna Vitae is a I	Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.											

Swimming Pool Programme

Term Time | 12th May - 25th May

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

General Swim Session:	—		pm Saturo NDAY	,	ay: oam-4pn SDAY	WEDN	ESDAY	THUR	RSDAY	FRII	DAY	SATUI	RDAY	SUNDAY	
This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am		6		6	<u></u>	6	dm	60		60	m	6	qm	6am
Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am	(6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)			¢m	7am
Aquacise: Using benefits of water resistance for a low	- 8am	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)		8	Manual Adult Only Sw	8am
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups. Slow & Steady Social Swim:	– 9am		Lane Swim			General Swim	Lane Swim	General Swim	Lane Swim	General Swim	Lane Swim		2 Lane	(8am-9am - 16yrs am	⁺⁾ 9am
An ideal session for those who are looking for a slower-paced swim. This session is for ages 16yrs+ and is suitable for	10am		Lane Swim	Schoo	ol Swim	(8.30am-9.30am) am Aqu a (9.30am-		(8.30am-9.30am) Cam Schoo	(8.30am-9.30am)	(8.30am-9.30am) General Swim	(8.30am-9.30am) Lane Swim	Swim Lessons	Swim (9am-10am) Lane	Aquacise (9am-10am)	Lane 10am
all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro) Adults Only Swim:	_ 11am) (9.30am-10.30am Aquacise 1:		m-11am) 1 1		Steady		n-11am) 1 1	(9.30am-10.30am) am	(9.30am-10.30am) 1 1	am	Swim (10am-11am)	General Swim (10am-11am)	Swim (10am- 11am) 11am
This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.	TTAIII		o-11.30am) Steady		cation Swim ^{2pm noon)}	(10.30am-	-11.30am)	A		Lane : (11am-12		General Sv (11am-12pm n		General Swim (11am-12pm noon)	Swim
Inclusive Swim: An open session with one lane, factoring in	_12pm	(11.30am	l Swim 1-12.30pm)		12 al Swim noon-1pm)	om Social (11.30am-			acise 12 -12.30pm)	om Gl	12	General Sv (12pm noon-1		General Swim	Lane Swim
sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	1pm	Socia	Steady I Swim m-1.30pm)	om Swim	Lessons cklings)	om Staff Tr	aining	School Swim		m Slow & Social (12.30pm	Swim 1	Inclusiv	1pm)	General Swim	Lane 1pm
Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.	2pm		Lane Swim ²		ol Swim 2 n-3pm)	(12.30pm pm		pm	Swim (1pm-2pm)		21	(1pm	2pm)2	(1pm-2pm) pm	Swim (1pm-2pm) 2pm
Gentle Aquacise: Using benefits of water resistance; Gentle	_ 3pm	(1.30pm-2.30pm)	(1.30pm-2.30pm)	Bom	3	7111	e Swim 3	General S (2pm-3pn		Aqua (2pm-		Family Fu (2pm-		Family Fun Spl (2pm-3pm)	ash 3pm
exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)		General Swim (3pm-4pm)	Lane Swim (3pm-4pm)	General S		(2.30pm				6 16	. Lane	Availal Pool Pai	ty Hire	Available fo Pool Party H (3pm-4pm)	or i
School Swimming: This session is used for local schools to learn the important, life-saving skill Swimming!	4pm	General Swim	Lane Swim		General Swim		ed Swim 4 -4.30pm) 	em Surim I	essons	General Sv (3.30pm-4.30		(орин	4	<u>m</u> (epin 4pin)	4pm
Family Fun Splash: An open swimming session with floats! It's	5pm	(4pm-5pm) General	(4pm-5pm) Lane	Swim Lessons	(4pm-5pm) General		al Swim 5 -5.30pm)	Swim Lessons	51	m Family Fu	ın Splash -5.45pm)	om	5	um.	5pm
suitable for all abilities & great for family bonding Swim Lessons: Our WaterWise 'Learn to Swim' programme!	6pm	Swim (5pm-6pm) General	Swim (5pm-6pm) Lane	General	Swim (5pm-6pm) Lane	la de la constante de la const	- C - i	(Ducklings) Swim Lessons	Lane	m	6	m	6	рm	6pm
WaterWise memberships include general swimming at any time At any venue! One perk of many others, whilst	• 7pm		Swim (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)	(6pm	re Swim -7pm) 	(Adult Lessons)	Swim (6pm-7pm)	General Sv (6pm-7pm	Swim		<i>7</i>	p m	7pm
becoming wiser about water! You can him lesson learn more on our website #PoolPower	_	Aqu	nacise n-8pm)		nly Swim n - 16yrs+)	Adult Or (7pm-8pm		General Swim (7pm-8pm)	Lane Swim (7pm-8pm)	Adult Or (7pm-8pm	nly Swim 1 - 16yrs+)				0
Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential	8pm		8	pm	8	em -	8	PΠI	8)	m	81	m ·	8	jiii ==================================	8pm
disappointment. • Accessibility steps: Available to use to aid entry into the swimming	9pm	You	can book online	ym and via our free	9 e Magna Vitae a	on! Find out more	g about our class	ses & activities s	91 can the OR code	to browse our we	9 ₁	m	9	pm .	9pm
pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used	回数	• Bool	kings can be ma	ade up to 7 days					4 0000	2.230					

To ensure everybody has an opportunity to attend popular classes, we have some booking limits in place: Please do not book more than 3 Aquacise sessions (per week). All payments must be made at the time of booking.

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

Prices for 5W	vimming:				
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!



during Aquacise sessions.)

Please be aware that our programme is subject

to change at the discretion of our Duty Manager Unfortuantely this is often for reasons beyond our control. For the most up-to-date programmes, view the live timetables on our website... Or download our free MV app!

Potential Changes:

Exercise Class Programme

Term Time | 12th May - 25th May

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm



OR code to browse our websi

Bookings can be made up to 7 days in advance.

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Prices for Von Memhers MV Card Exercise Classes: 45 minutes to 1 hour £7.55 £6.25 £9.55 Yoga/Pilates Classes £7.80

App Store Google play Magna Vitae Member MV Card with Concession

FREE!

FREE!

£5.45

£7.10





Swimming Pool Programme

Half Term | 26th May - 1st June

Venue Opening Times | Bank Holiday Monday: 8.30am-5.30pm | Tuesday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

Venue Opening Times Bank Holid	ay Mon	MONDAY		o Friday: 6.3 SDAY	WEDNE:	,	,	sam-4pm RSDAY	FRII	DAY	SATU	RDAY	SUNDAY	
This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am	BANK HOLIDAY	64m	60	m	60	m		m	60	m		m	6am
Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am	Opening hours: 8.30am-5.30pm	Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am) (6	Lane Swim 6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)			rm	7am
Aquacise: Using benefits of water resistance for a low	- 8am		General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am) (7	Lane Swim 7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)		8	m Adult Only Swi	8am
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	- 9am	General Lane Swim Swim		Lessons klings)	General Swim	Lane Swim			General Swim	Lane Swim		90	(8am-9am - 16yrs+)	
Slow & Steady Social Swim: An ideal session for those who are looking for a slower-paced swim. This session is		(8.30am-9.30am) (8.30am-9.30am		ast Club 10am)	(8.30am-9.30am) (8	8.30am-9.30am)	Breakfa (9am-	ast Club ^{10am)}	(8.30am-9.30am) General	(8.30am-9.30am) Lane	Swim	Lane Swim (9am-10am)	Aquacise (9am-10am)	
of a ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)	10am	Lane Swim (9.30am-10.30am)	General S		am Aquac (9.30am-10		am Family Fu		Swim (9.30am-10.30am)	Swim (9.30am-10.30am)	Lessons	Lane Swim	General Swim	Lane Swim
Adults Only Swim:	_ 11am	Gentle Aquacise (10.30am-11.30am)	(10am-11a 11am	am) (10am- 11am) 1	Slow & S Social S	Swim ^{° 11}	(10am-	11	am Lane : (10.30am-		am	(10am-11am)	(10am-11am)	(10am- 11am) 11am
This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.	_12pm	Slow & Steady Social Swim		un Splash ^{2pm noon)} 12	(10.30am-11) Slow & S	Steady		acise ^{2pm noon)} 1 <i>2</i>	om Family Fu	ın Splash 12	(11am-12	un Splash ^{2pm noon)}	Family Fun Spla (11am-12pm noon)	
Inclusive Swim: An open session with one lane, factoring in	-12piii	(11.30am-12.30pm) Slow & Steady		un Splash	Social S (11.30am-12		General S		(11.30am-		General S		General Swim (12pm noon-1pm)	Lane Swim (12pm-
sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	1pm	Social Swim (12.30pm-1.30pm)	1 pm General S	Swim Lane	Family Fun (12.30pm-1.			un Splash	Social (12.30pm	Swim 1	mInclusiv	ve Swim	General Swim	Lane
Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice	2pm	Family Fun Splash (1.30pm-2.30pm)	(1pm-2p. 2 pm	· (1pm-2pm)	General Sw (1.30pm-2.30pr			2pm) 21	m	2	(1pm- m	-2pm) 2	(1pm-2pm) m	Swim (1pm-2pm) 2pm
and guidance around chronic pain management. Gentle Aquacise:	- 3pm		General S		Inclusive	2.30pm)	General Swim	Lane Swim	Aqua (2pm-			un Splash -3pm)	Family Fun Spla (2pm-3pm)	ash 3pm
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	Эрш	General Lane Swim Swim	General S		(2.30pm-3.	.30pm)	(2pm-3.30pm)	(2pm-3.30pm)		Lane	Pool Pa	ble for orty Hire	Available for Pool Party Hir	r i
School Swimming: This session is used for local schools to learn	4pm	(3pm-4pm) (3pm-4pm) Family Fun Splash		General	Supported (3.30pm-4.		m		General S (3.30pm-4.30	wim Swim	(3pm-	-4pm) 4 ₁	(3pm-4pm)	4pm
the important, life-saving skill Swimming! Family Fun Splash:	5pm	(4pm-5pm)	Swim Lessons	Swim (4pm-5pm) General	General Sw (4.30pm-5.30pr		Swim L	essons. 5	m Family Fu	ın Splash	m	5 ₁	m	5pm
An open swimming session with floats! It's suitable for all abilities & great for family bonding Swim Lessons:	6pm			Swim (5pm-6pm)		5.30pm)	Swim Lessons (Ducklings)	61		-5.45pm)	m		· m	6pm
Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time At any venue!			General Swim	Lane Swim	Inclusive (6pm-7;		Swim Lessons (Adult Lessons)	Lane Swim	General St					Spin Spin
swimming at any time At any venue! One perk of many others, whilst becoming wiser about water! You can learn more on our website #PoolPower	· / DIII			(6pm-7pm) nly Swim	Adult Onl		General Swim	(6pm-7pm) Lane Swim	Adult O	nly Swim		71	m	7pm
Pre-booking:	8pm		(7pm-8pi	n - 16yrs+) 	(7pm-8pm -	16yrs+) 8 ₁	(7pm-8pm)	(7pm-8pm)	(7pm-8pn	1 - 16yrs+) 		81	am	8pm
We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	9pm													9pm
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)		You can book onlin			pp! Find out more a	about our class	ses & activities, so	can the QR code	to browse <mark>our we</mark>	ebsite!	m	71	m	7 Pill
5 reception upon arrival. (Steps cannot be used	回数	BOOKINGS CAN be II												

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Exerci 45 min Magna Vitae is a Registered Charity, Charity Number 1160156, A Partner to East Lindsey District Council,

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rices for ise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
nutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Pilates Classes	£9.55	£7.80	£7.10	FREE!



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