

Station Leisure & Learning Centre

Swimming Pool Programme

Term Time | 28th April - 4th May

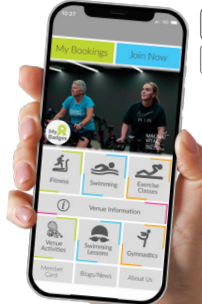
Venue Opening Times: Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
General Swim This is an open swimming pool session - suitable for all abilities.	6am								6am		
Lane Swim Where general swim sessions include lane swimming at the side, please note that it references 1 lane in the swimming pool (alongside the general swim area.) On Thursdays from 6pm-7pm, 2 lanes are available. On Mondays from 10am-11am and Fridays from 11am-12noon, all 4 lanes (with no general swimming alongside.)	7am	General Swim 6.30am-7.30am	Lane Swim 6.30am-7.30am	General Swim 6.30am-7.30am	Lane Swim 6.30am-7.30am	General Swim 6.30am-7.30am	Lane Swim 6.30am-7.30am		7am		
	8am	General Swim 7.30am-8.30am	Lane Swim 7.30am-8.30am	General Swim 7.30am-8.30am	Lane Swim 7.30am-8.30am	General Swim 7.30am-8.30am	Lane Swim 7.30am-8.30am		8am		
Slow and Steady Social Swim 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!	9am	General Swim 8.30am-9.30am	Lane Swim 8.30am-9.30am	General Swim 8.30am-9.30am	Lane Swim 8.30am-9.30am	General Swim 8.30am-9.30am	Lane Swim 8.30am-9.30am		9am		
	10am	General Swim 9.30am-10.30am	Lane Swim 9.30am-10.30am	School Swim	Aquacise 9.30am-10.30am	School Swim	General Swim 9.30am-10.30am	Lane Swim 9.30am-10.30am	Adults Only Swim 8am-9am	10am	
School Swim School's Swimming pool booking - 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 general swimming sessions in place. Keep an eye on our website and the FREE Magna Vitae app for updates!	11am	Gentle Aquacise 10.30am-11.30am		Slow and Steady Social Swim** 10.30am-11.30am					11am		
	12pm	Slow and Steady Social Swim** 11.30am-12.30pm	Home Education Swim	Slow and Steady Social Swim** 11.30am-12.30pm	Aquacise 11.30am-12.30pm	Lane Swim (4 lanes) 11am-12noon	General Swim 11am-12noon	Lane Swim	General Swim 11am-12noon	Lane Swim	
Inclusive Swim This is an open session with one lane - factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting rather than artificial lighting where possible.	1pm	Slow and Steady Social Swim** 12.30pm-1.30pm	General Swim 12noon-1pm	Staff Training 12.30pm-2.30pm	School Swim		Slow and Steady Social Swim** 12.30pm-1.30pm		General Swim 12noon-1pm	Lane Swim	
	2pm	General Swim 1.30pm-2.30pm	Lane Swim 1.30pm-2.30pm		School Swim	General Swim 1.30pm-2.30pm	Lane Swim			Inclusive Swim 1pm-2pm	General Swim 1pm-2pm
Supported Swim Swim based exercises for those on health referral programmes, providing advice and guidance around chronic pain management.	3pm			Inclusive Swim 2.30pm-3.30pm	General Swim 2.30pm-3.30pm	Lane Swim			Family Fun Splash 2pm-3pm	General Swim 2pm-3pm	Lane Swim
	4pm	General Swim 3pm-4pm	Lane Swim 3pm-4pm	General Swim 3pm-4pm	Lane Swim				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.	5pm	General Swim 4pm-5pm	Lane Swim 4pm-5pm	Swim Lessons	General Swim 4pm-5pm						
	6pm	General Swim 5pm-6pm	Lane Swim 5pm-6pm	General Swim 5pm-6pm							
Aquacise Please note this session is 45 minutes, and will start 15 minutes into the hour 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.	7pm	General Swim 6pm-7pm	Lane Swim 6pm-7pm	General Swim 6pm-7pm	Lane Swim 6pm-7pm						
	8pm	Aquacise 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			
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										

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!

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.65	£4.65	£4.25	£2.50	£1.00

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



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

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



DID YOU KNOW?

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



magnavitae.org



Station Leisure & Learning Centre

Exercise Class Programme

Term Time | 28th April - 4th May

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

Instructor-led Classes

AQUACISE*	Using the benefits of water resistance for a low impact cardio & muscle toning workout that suits a wide range of abilities and user groups.
CIRCUITS	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.
YOGA	A physical & mental exercise using stretching and breathing to help improve posture and core stability. Helpful to relax & release stress!
GENTLE YOGA	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.
BODY CONDITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
KETTLEBELL CIRCUITS	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.
CORE & STRETCH	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.
CYCLE	Cycle is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!
BOXERCISE CIRCUITS	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.
ZUMBA	Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for all abilities. <i>Get fit & bring your Latin spirit with you.</i>
AGELESS & AGILE	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! <i>For more information on these sessions, please contact Marko: marko.humphrey@mvtlc.org</i>
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 & endurance. Perfect for those recovering from injury or wanting a gentler class.

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

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

Our classes take place in the following locations:
 * - Class takes place in the swimming pool
 ~ - Class takes place in Engine Room One
 ** - Class takes place in Engine Room Two
 ~~ - Class takes place in the Fitness Suite
 *** - Class takes place in The Signal Box

Virtual Classes delivered by FIIT:

BREATHWORK	Improve joint health and flexibility, build core strength and prevent injury.
STRETCH & MOBILITY	To improve mobility, flexibility and mental focus.
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
CARDIO BODYWEIGHT	High intensity classes to burn fat, tone muscle and build stamina. No weights required using bodyweight only.

CARDIO DUMBBELL	High intensity classes to burn fat, tone muscle and build stamina using dumbbells.
YOGA	Become more relaxed and focused. Tune in. Tone up. And find your zen.
STRENGTH DUMBBELL	Bodyweight, equipment and resistance training. Build & sculpt muscle and feel the burn using dumbbells.
BODYWEIGHT STRENGTH	Bodyweight and resistance training to build and sculpt muscle. Master control with this class. No weights required.
BIKE	Replicate a real-life 25/45 minute ride! These workouts use revolutions per minute (RPM) and resistance.

Station Leisure & Learning Centre

Swimming Pool Programme

Term Time | 5th - 11th May

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

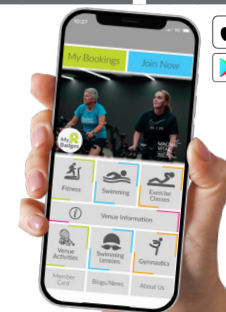
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
General Swim This is an open swimming pool session - suitable for all abilities.	Bank Holiday							6am
Lane Swim Where general swim sessions include lane swimming at the side, please note that it references 1 lane in the swimming pool (alongside the general swim area.) On Thursdays from 6pm-7pm, 2 lanes are available. On Mondays from 10am-11am and Fridays from 11am-12noon, all 4 lanes (with no general swimming alongside.)	Opening Times: 8.30am-5.30pm	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	General Swim 6.30am-7.30am Lane Swim 6.30am-7.30am		7am
Slow and Steady Social Swim 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!	General Swim 8.30am-9.30am Lane Swim 8.30am-9.30am	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	General Swim 7.30am-8.30am Lane Swim 7.30am-8.30am		8am
School Swim School's Swimming pool booking - 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 general swimming sessions in place. Keep an eye on our website and the FREE Magna Vitae app for updates!	General Swim 9.30am-10.30am Lane Swim 9.30am-10.30am	School Swim	General Swim 8.30am-9.30am Lane Swim 8.30am-9.30am	General Swim 8.30am-9.30am Lane Swim 8.30am-9.30am	General Swim 8.30am-9.30am Lane Swim 8.30am-9.30am	General Swim 8.30am-9.30am Lane Swim 8.30am-9.30am	Adults Only Swim 8am-9am	9am
Inclusive Swim This is an open session with one lane - factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting rather than artificial lighting where possible.	General Swim 10.30am-11.30am Lane Swim 10.30am-11.30am	School Swim	Aquacise 11.30am-12.30pm	School Swim	General Swim 9.30am-10.30am Lane Swim 9.30am-10.30am	Swim Lessons	Aquacise 9am-10am	10am
Supported Swim Swim based exercises for those on health referral programmes, providing advice and guidance around chronic pain management.	General Swim 9.30am-10.30am Lane Swim 9.30am-10.30am	School Swim	Slow and Steady Social Swim** 10.30am-11.30am	School Swim	General Swim 9.30am-10.30am Lane Swim 9.30am-10.30am	Lane Swim 9am-10am Lane Swim 10am-11am	General Swim 10am-11am Lane Swim 10am-11am	11am
Adult Only Swim Adults only swim is for 16 years+. There is 2 single lanes and 1 double lane in this session.	General Swim 11.30am-12.30pm Lane Swim 11.30am-12.30pm	Home Education Swim	Slow and Steady Social Swim** 11.30am-12.30pm	Aquacise 11.30am-12.30pm	Lane Swim (4 lanes) 11am-12noon	General Swim 11am-12noon Lane Swim 11am-12noon	General Swim 11am-12noon Lane Swim 11am-12noon	12pm
Aquacise Please note this session is 45 minutes, and will start 15 minutes into the hour 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.	General Swim 12.30pm-1.30pm Lane Swim 12.30pm-1.30pm	General Swim 12noon-1pm	Staff Training 12.30pm-2.30pm		Slow and Steady Social Swim** 12.30pm-1.30pm	General Swim 12noon-1pm Lane Swim 12noon-1pm	General Swim 12noon-1pm Lane Swim 12noon-1pm	1pm
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.	General Swim 1.30pm-2.30pm Lane Swim 1.30pm-2.30pm	School Swim	Inclusive Swim 2.30pm-3.30pm	School Swim 1pm-2pm General Swim 1pm-2pm		Inclusive Swim 1pm-2pm	General Swim 1pm-2pm Lane Swim 1pm-2pm	2pm
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.	General Swim 3pm-4pm Lane Swim 3pm-4pm	General Swim 3pm-4pm Lane Swim 3pm-4pm	Supported Swim 3.30pm-4.30pm	General Swim 2pm-3pm Lane Swim 2pm-3pm	Aquacise 2pm-3pm	Family Fun Splash 2pm-3pm	Family Fun Splash 2pm-3pm	3pm
NOTES We strongly advise pre-booking your swimming sessions. Swimming sessions are non-transferable and non-refundable.	General Swim 4pm-5pm Lane Swim 4pm-5pm	Swim Lessons	General Swim 4.30pm-5.30pm	Swim Lessons	Family Fun Splash 4.45pm-5.45pm	Available for Pool Party Hire	Available for Pool Party Hire	4pm
	General Swim 5pm-6pm Lane Swim 5pm-6pm	General Swim 4pm-5pm General Swim 5pm-6pm	Inclusive Swim 6pm-7pm	Ducklings Lessons				5pm
	General Swim 6pm-7pm Lane Swim 6pm-7pm	General Swim 6pm-7pm Lane Swim 6pm-7pm	Adults Only Swim 7pm-8pm	Adult Swim Lessons	Lane Swim (2 lanes) 6pm-7pm	General Swim 6pm-7pm Lane Swim 6pm-7pm		6pm
	Adults Only Swim 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			7pm
								8pm
								9pm

Pricing for Swimming	Non Member	MV Card Holder	MV Concession Card Holder	Age 2-4yrs	Under 2's
	£5.65	£4.65	£4.25	£2.50	£1.00

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

Please note:
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Unfortunately, this is often for reasons beyond our control.
Thank you for all of your support and understanding!

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



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



MAGNA VITAE
TRUST FOR LEISURE & CULTURE

DID YOU KNOW?

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



magnavitae.org

Station Leisure & Learning Centre

Exercise Class Programme

Term Time | 5th - 11th May

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

Instructor-led Classes

AQUACISE*	Using the benefits of water resistance for a low impact cardio & muscle toning workout that suits a wide range of abilities and user groups.
CIRCUITS	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.
YOGA	A physical & mental exercise using stretching and breathing to help improve posture and core stability. Helpful to relax & release stress!
GENTLE YOGA	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.
BODY CONDITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
KETTLEBELL CIRCUITS	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.
CORE & STRETCH	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.
CYCLE	Cycle is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!
BOXERCISE CIRCUITS	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.
ZUMBA	Combine the calorie burning benefits of traditional aerobics with fun dance moves & you have Zumba. Catering for all abilities. <i>Get fit & bring your Latin spirit with you.</i>
AGELESS & AGILE	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more information on these sessions, please contact Marko: marko.humphrey@mvtlc.org
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 & endurance. Perfect for those recovering from injury or wanting a gentler class.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am							
8am	Bank Holiday Opening Times: 8.30am-5.30pm	YOGA**	BIKE~		BIKE~		
9am		BIKE~	YOGA**		Pilates**	YOGA**	YOGA**
10am	BIKE~		Cardio BodyWeight** Stretch & Mobility**	Cycle~			Aquacise*
11am	BodyWeight Strength** Pilates**	Ageless & Agile** Gentle Aquacise*	Kettlebell Circuits**	Cardio Dumbbell**	Breathwork**	BIKE~	
12pm	Yoga**	Cycle~	Zumba**	Aquacise*	BIKE~		BodyWeight Strength**
1pm	Gentle Yoga**	Breathwork**	Pilates**		Core & Stretch**	Breathwork**	BIKE~
2pm			BIKE~	BIKE~	Body Conditioning**	Strength Dumbbell**	Stretch & Mobility**
3pm	BIKE~				Aquacise*	BIKE~	Pilates**
4pm		BIKE~	BodyWeight Strength**	YOGA**		Cardio BodyWeight**	YOGA**
5pm			Strength Dumbbell**		BIKE~		
6pm		Circuits**					
7pm		BIKE~	Cycle~	Cardio BodyWeight**	Strength Dumbbell**		
8pm		Strength Dumbbell**	Body Conditioning**	BIKE~	Stretch & Mobility**		
9pm			Core & Stretch**	Pilates**	BIKE~		

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 * - Class takes place in the swimming pool
 ~ - Class takes place in Engine Room One
 ** - Class takes place in Engine Room Two
 ~~ - Class takes place in the Fitness Suite
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Virtual Classes delivered by FIIT:

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STRETCH & MOBILITY	To improve mobility, flexibility and mental focus.
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
CARDIO BODYWEIGHT	High intensity classes to burn fat, tone muscle and build stamina. No weights required using bodyweight only.

CARDIO DUMBBELL	High intensity classes to burn fat, tone muscle and build stamina using dumbbells.
YOGA	Become more relaxed and focused. Tune in. Tone up. And find your zen.
STRENGTH DUMBBELL	Bodyweight, equipment and resistance training. Build & sculpt muscle and feel the burn using dumbbells.
BODYWEIGHT STRENGTH	Bodyweight and resistance training to build and sculpt muscle. Master control with this class. No weights required.
BIKE	Replicate a real-life 25/45 minute ride! These workouts use revolutions per minute (RPM) and resistance.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GENERAL General Swim Session: This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am						
LANESWIM 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						
AQUACISE Aquaicise: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	8am						
SLOW & STEADY Slow & Steady Social Swim: An ideal session for those who are looking for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)	9am						
ADULT ONLY Adults Only Swim: This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.	10am						
INCLUSIVE Inclusive Swim: An open session with one lane, factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	11am						
SUPPORTED Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.	12pm						
GENTLE AQ Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	1pm						
SCHOOL School Swimming: This session is used for local schools to learn the important, life-saving skill... Swimming!	2pm						
FAM FUN Family Fun Splash: An open swimming session with floats! It's suitable for all abilities & great for family bonding!	3pm						
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! You can learn more on our website... #PoolPower	4pm						
IMPORTANT OTHER NOTES • Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. • 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.) • Potential 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 the live timetables on our website... Or download our free MV app!	5pm						
	6pm						
	7pm						
	8pm						
	9pm						



Scan me!

You can [book online](#) and via our [free Magna Vitae app](#)! Find out more about our classes & activities, scan the QR code to browse [our website](#)!

- Bookings can be made up to 7 days in advance.
- 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 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: 6.30am-9pm | Saturday & Sunday: 8am-4pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUACISE Aquacise*: In our Swimming Pool Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.							
CIRCUITS Circuits**: In Engine Room Two High-energy and fast paced! Move your way around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps.							
YOGA Yoga**: In Engine Room Two Physical and mental exercises, using stretching and breathing to help improve posture & core stability. Helpful to relax and release stress!							
GENTLE YOGA Gentle Yoga**: In Engine Room Two A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility & recovery. Suitable for those with pain, trouble sleeping, anxiety and/or stress.							
BODY C. Body Conditioning**: In Engine Room Two An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!							
KETTLEBELL Kettlebell Circuits**: In Engine Room Two Designed not just to improve health - But also to improve your core strength, balance, mobility, flexibility and even your overall co-ordination!							
CORE & ST. Core & Stretch**: In Engine Room Two Improve your posture, balance, mobility and stability through light exercises and stretching.							
CYCLE Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!							
BOXERCISE CI. Boxercise® Circuits**: In Engine Room Two Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts. Includes a range of circuit training exercises for a full body workout!							
AGELESS & AGILE Ageless & Agile***: Takes place inside The Signal Box (inside our venue) 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.							
ZUMBA Zumba**: In Engine Room Two Combining the calorie-burning benefits of aerobics - with fun dance moves. Get fitter and have fun with a sprinkle of Latin spirit!							
GENTLE A.Q. Gentle Aquacise*: In our Swimming Pool Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)							

Virtual Classes delivered by FIIT: ** = Engine Room One ~ = Engine Room Two

- CARDIO DUMBBELL** High intensity. Tone muscle and build stamina using dumbbells.
- CARDIO BODYWEIGHT** High intensity. Tone muscle and build stamina.
- YOGA** Become more relaxed and focused. Tune in... Tone up... & Find your zen.
- STRENGTH DUMBBELL** Bodyweight, equipment & resistance training using dumbbells.
- BODYWEIGHT STRENGTH** Bodyweight and resistance training. Build & sculpt muscle.
- BIKE** Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride!
- BREATHWORK** Improve joint health and flexibility, build core strength and prevent injury.
- STRETCH & MOBILITY** To improve mobility, flexibility & mental focus through stretch work.
- PILATES** Combine stretching and strength work to improve posture and mobility.
- BIKE~ Using revolutions per minute (RPM) and resistance. Replicate a real-life bike ride!

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Bookings can be made up to 7 days in advance.
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 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!



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GENERAL General Swim Session: This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am BANK HOLIDAY						
LANESWIM 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						
AQUACISE Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	8am						
SLOW & STEADY Slow & Steady Social Swim: An ideal session for those who are looking for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)	9am						
ADULT ONLY Adults Only Swim: This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.	10am						
INCLUSIVE Inclusive Swim: An open session with one lane, factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	11am						
SUPPORTED Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.	12pm						
GENTLE AQ Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	1pm						
SCHOOL School Swimming: This session is used for local schools to learn the important, life-saving skill... Swimming!	2pm						
FAM FUN Family Fun Splash: An open swimming session with floats! It's suitable for all abilities & great for family bonding!	3pm						
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! You can learn more on our website... #PoolPower	4pm						
IMPORTANT: OTHER NOTES	5pm						
	6pm						
	7pm						
	8pm						
	9pm						

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Scan me!

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUACISE Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.							
CIRCUITS Circuits: High-energy and fast paced! Move your way around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps.		YOGA**	BIKE~		BIKE~		
YOGA Yoga: Physical and mental exercises, using stretching and breathing to help improve posture & core stability. Helpful to relax and release stress!		BIKE~	YOGA**		Pilates**	YOGA**	YOGA**
GENTLE YOGA Gentle Yoga: A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility & recovery. Suitable for those with pain, trouble sleeping, anxiety and/or stress.	BIKE~		Cardio BodyWeight** Stretch & Mobility**	Cycle~			Aquacise*
BODY C. Body Conditioning: An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!	BodyWeight Strength** Pilates**	Ageless & Agile** Gentle Aquacise*	Kettlebell Circuits**	Cardio Dumbbell**	Breathwork**	BIKE~	
KETTLEBELL Kettlebell Circuits: Designed not just to improve health - But also to improve your core strength, balance, mobility, flexibility and even your overall co-ordination!		Cycle~	Zumba**	Aquacise*	BIKE~		BodyWeight Strength**
CORE & ST. Core & Stretch: Improve your posture, balance, mobility and stability through light exercises and stretching.	Yoga**		Pilates**		Core & Stretch**	Breathwork**	BIKE~
CYCLE Cycle: High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!	Gentle Yoga**	Breathwork**	BIKE~	BIKE~	Body Conditioning**	Strength Dumbbell**	Stretch & Mobility**
BOXERCISE CI. Boxercise® Circuits: Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts. Includes a range of circuit training exercises for a full body workout!					Aquacise*		Pilates**
AGELESS & AGILE Ageless & Agile*: Takes place inside The Signal Box (inside our venue) 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.)	BIKE~	BIKE~	BodyWeight Strength**	YOGA**		BIKE~	YOGA**
ZUMBA Zumba: Combining the calorie-burning benefits of aerobics - with fun dance moves. Get fitter and have fun with a sprinkle of Latin spirit!			Strength Dumbbell**		BIKE~	Cardio BodyWeight**	
GENTLE A.Q. Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)		Circuits**	Cycle~	Cardio BodyWeight**	Strength Dumbbell**		
		BIKE~		BIKE~	Stretch & Mobility**		
		Strength Dumbbell**	Core & Stretch**	Pilates**	BIKE~		

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