

Station Leisure & Learning Centre

Swimming Pool Programme

Easter Holidays: 7th - 13th April

Venue Opening Times: Monday, Wednesday & Friday: 6am-9pm | Tuesday & Thursday: 7am-9pm | Saturday & Sunday: 8am-5pm

General Swim	This is an open swimming pool session - suitable for all abilities.
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.)
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!
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!
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.
Supported Swim	Swim based exercises for those on health referral programmes, providing advice and guidance around chronic pain management.
Adult Only Swim	Adults only swim is for 16 years+. There is 2 single lanes and 1 double lane in this session.
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.
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.
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.
Breakfast Club Swim	Part of our Holiday Activity fun, during the school holidays! Visit magnavitae.org/holiday-activity/ to learn more!
NOTES	We strongly advise pre-booking your swimming sessions. Swimming sessions are non-transferable and non-refundable.

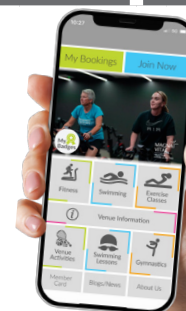
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am								6am
7am	General Swim 6.30am-7.30am	General Swim 7am-8am	General Swim 6.30am-7.30am	General Swim 7am-8am	General Swim 6.30am-7.30am			7am
8am	Lane Swim 6.30am-7.30am	Lane Swim 7am-8am	Lane Swim 6.30am-7.30am	Lane Swim 7am-8am	Lane Swim 6.30am-7.30am			8am
9am	General Swim 7.30am-8.30am	General Swim 8am-9am	General Swim 7.30am-8.30am	General Swim 8am-9am	General Swim 7.30am-8.30am		Adults Only Swim 8am-9am	9am
10am	Lane Swim 8.30am-9.30am	Lane Swim 8am-9am	Lane Swim 8.30am-9.30am	Lane Swim 8am-9am	Lane Swim 8.30am-9.30am		Aquacise 9am-10am	10am
11am	Breakfast Club Swim 9am-10am	Breakfast Club Swim 9am-10am	Breakfast Club Swim 9am-10am	Breakfast Club Swim 9am-10am	Breakfast Club Swim 9am-10am		General Swim 10am-11am	11am
12pm	Lane Swim 9.30am-10.30am	HAF Programme (Holiday Activity & Food Programme)	Family Fun Splash 9.30am-10.30am	Family Fun Splash 10am-11am	Lane Swim 10.30am-11.30am		Lane Swim 10am-11am	12pm
1pm	Family Fun Splash 10.30am-11.30am	Family Fun Splash 11am-12noon	Slow and Steady Social Swim** 10.30am-11.30am		Family Fun Splash 11.30am-12.30noon	Family Fun Splash 11am-12noon	Family Fun Splash 11am-12noon	1pm
2pm	Slow and Steady Social Swim** 11.30am-12.30pm	General Swim 12noon-1pm	Slow and Steady Social Swim** 11.30am-12.30pm	Aquacise 11.30am-12.30pm	Slow and Steady Social Swim** 12.30pm-1.30pm	General Swim 12noon-1pm	General Swim 12noon-1pm	2pm
3pm	Slow and Steady Social Swim** 12.30pm-1.30pm	Ducklings Lessons	Family Fun Splash 12.30pm-1.30pm	Family Fun Splash 1pm-2pm		Inclusive Swim 1pm-2pm	General Swim 1pm-2pm	3pm
4pm	Gentle Aquacise 1.30pm-2.30pm	Family Fun Splash 1.30pm-2.30pm	General Swim 1.30pm-2.30pm	General Swim 2pm-3pm	Aquacise 2pm-3pm	Family Fun Splash 2pm-3pm	Family Fun Splash 2pm-3pm	4pm
5pm		General Swim 2.30pm-3.30pm	Inclusive Swim 2.30pm-3.30pm	General Swim 3pm-4pm		Available for Pool Party Hire	Available for Pool Party Hire	5pm
6pm	Family Fun Splash 3pm-4pm		Supported Swim 3.30pm-4.30pm	Swim Lessons	General Swim 3.30pm-4.30pm			6pm
7pm	General Swim 4pm-5pm	General Swim 4pm-5pm	General Swim 4.30pm-5.30pm	Ducklings Lessons	Family Fun Splash 4.45pm-5.45pm			7pm
8pm	General Swim 5pm-6pm	General Swim 5pm-6pm		Adult Swim Lessons				8pm
9pm	General Swim 6pm-7pm	General Swim 6pm-7pm	Inclusive Swim 6pm-7pm	Lane Swim (2 lanes) 6pm-7pm	General Swim 6pm-7pm			9pm
	Aquacise 7pm-8pm	Adults Only Swim 7pm-8pm	Adults Only Swim 7pm-8pm	General Swim 7pm-8pm	Adults Only Swim 7pm-8pm			

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)



magnavitae.org



Stay up to date:
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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!

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



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.

Station Leisure & Learning Centre

Venue Opening Times: Monday, Wednesday & Friday: 6am-9pm | Tuesday & Thursday: 7am-9pm | Saturday & Sunday: 8am-5pm

Exercise Class Programme

Easter Holidays: 7th - 13th April

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

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

Easter Holidays: 14th - 20th April

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General Swim	This is an open swimming pool session - suitable for all abilities.
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.)
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!
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Adult Only Swim	Adults only swim is for 16 years+. There is 2 single lanes and 1 double lane in this session.
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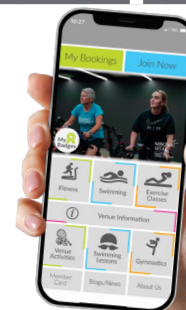
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5pm	General Swim 5pm-6pm	Swim Lessons	General Swim 4.30pm-5.30pm	Swim Lessons		Inclusive Swim 1pm-2pm	General Swim 1pm-2pm	5pm
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9pm				General Swim 7pm-8pm				9pm

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Exercise Class Programme

Easter Holidays: 14th - 20th April

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!
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AGELESS & AGILE	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! <i>For more information on these sessions, please contact Marko: marko.humphrey@mtvltc.org</i>
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9am	YOGA**	BIKE~	YOGA**			YOGA**	YOGA**
10am	BIKE~		Cardio BodyWeight**	Cycle~			Aquacise*
11am	BodyWeight Strength**	Kettlebell Circuits**	Stretch & Mobility**	Cardio Dumbbell**	Breathwork**	BIKE~	
12pm	Ageless & Agile***						BodyWeight Strength**
1pm	Pilates**	Cycle~	Zumba**		BIKE~		BIKE~
2pm	Yoga**		Pilates**	Aquacise*		Breathwork**	
3pm	Gentle Yoga**	Breathwork**	BIKE~		Body Conditioning**	Strength Dumbbell**	Stretch & Mobility**
4pm	Gentle Aquacise*			BIKE~	Aquacise*	BIKE~	Pilates**
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6pm	Cardio BodyWeight**		Strength Dumbbell**		BIKE~		
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Swimming Pool Programme

Term Time | 21st - 27th April

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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		5pm							5pm
		6pm							6pm
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		9pm							9pm

Pricing for Swimming

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

Download on the App Store
GET IT ON Google Play

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

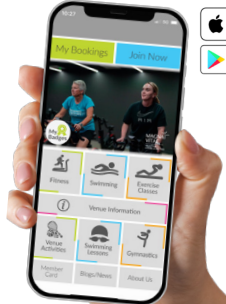
All swimmers must abide by the Safe Swim policy. To view this, please scan the QR code:

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

Venue Opening Times: Monday, Wednesday & Friday: 6am-9pm | Tuesday & Thursday: 7am-9pm | Saturday & Sunday: 8am-5pm

Swimming Pool Programme

Term Time | 21st - 27th April

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

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.

Term Time | 28th April - 4th May

Term Time | 28th April - 4th May

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



MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Station Leisure & Learning Centre

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. Get fit & bring your Latin spirit with you.
AGELESS & AGILE	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more information on these sessions, please contact Marko: marko.humphrey@nvtlc.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.

Virtual Classes delivered by FIIT:

BREATHWORK	Improve joint health and flexibility, build core strength and prevent injury.
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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.

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

Exercise Class Programme

Term Time | 28th April - 4th May

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

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

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.

Term Time | 5th - 11th May



MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Station Leisure & Learning Centre

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

Exercise Class Programme

Term Time | 5th - 11th May

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. Get fit & bring your Latin spirit with you.
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								6am
7am								7am
8am	Bank Holiday Opening Times: 8.30am-5.30pm	YOGA**	BIKE~		BIKE~			8am
9am		BIKE~	YOGA**		Pilates**		YOGA**	9am
10am	BIKE~		Cardio BodyWeight** Stretch & Mobility**	Cycle~			Aquacise*	10am
11am	BodyWeight Strength** Pilates**	Ageless & Agile*** Gentle Aquacise*	Kettlebell Circuits**	Cardio Dumbbell**	Breathwork**	BIKE~		11am
12pm	Yoga**	Cycle~	Zumba**	Aquacise*	BIKE~		BodyWeight Strength**	12pm
1pm	Gentle Yoga**	Breathwork**	Pilates**		Core & Stretch**	Breathwork**	BIKE~	1pm
2pm			BIKE~	BIKE~	Body Conditioning**	Strength Dumbbell**	Stretch & Mobility**	2pm
3pm	BIKE~				Aquacise*	BIKE~	Pilates**	3pm
4pm		BIKE~	BodyWeight Strength**	YOGA**		Cardio BodyWeight**	YOGA**	4pm
5pm			Strength Dumbbell**		BIKE~			5pm
6pm		Circuits**	Cycle~					6pm
7pm		BIKE~	Body Conditioning**	Cardio BodyWeight**	Strength Dumbbell**	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		7pm
8pm		Strength Dumbbell**	Core & Stretch**	BIKE~	Stretch & Mobility**			8pm
9pm				Pilates**	BIKE~			9pm

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BREATHWORK	Improve joint health and flexibility, build core strength and prevent injury.
STRETCH & MOBILITY	To improve mobility, flexibility and mental focus.
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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.
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BIKE	Replicate a real-life 25/45 minute ride! These workouts use revolutions per minute (RPM) and resistance.

Station Leisure & Learning Centre

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

Swimming Pool Programme

Term Time | 12th May - 1st June

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
General Swim	This is an open swimming pool session - suitable for all abilities.								
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.)	General Swim 6.30am-7.30am	General Swim 6.30am-7.30am	General Swim 6.30am-7.30am	General Swim 6.30am-7.30am	General Swim 6.30am-7.30am			
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!	Lane Swim 7.30am-8.30am	Lane Swim 7.30am-8.30am	Lane Swim 7.30am-8.30am	Lane Swim 7.30am-8.30am	Lane Swim 7.30am-8.30am			
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 8.30am-9.30am		General Swim 8.30am-9.30am	General Swim 8.30am-9.30am	General Swim 8.30am-9.30am			
		Lane Swim 9.30am-10.30am		Lane Swim 8.30am-9.30am	Lane Swim 8.30am-9.30am	Lane Swim 8.30am-9.30am			
		General Aquacise 10.30am-11.30am	School Swim	Aquacise 9.30am-10.30am	School Swim	General Swim 9.30am-10.30am	Swim Lessons 9am-10am	Adults Only Swim 8am-9am	
		Slow and Steady Social Swim** 11.30am-12.30pm	Home Education Swim	Slow and Steady Social Swim** 10.30am-11.30am		Lane Swim (4 lanes) 11am-12noon	Lane Swim 10am-11am	Aquacise 9am-10am	
		Slow and Steady Social Swim** 12.30pm-1.30pm	General Swim 12noon-1pm	Slow and Steady Social Swim** 11.30am-12.30pm	Aquacise 11.30am-12.30pm		General Swim 11am-12noon	General Swim 10am-11am	
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 1.30pm-2.30pm	Ducklings Lessons	Staff Training 12.30pm-2.30pm		Slow and Steady Social Swim** 12.30pm-1.30pm	General Swim 12noon-1pm	General Swim 11am-12noon	
Supported Swim	Swim based exercises for those on health referral programmes, providing advice and guidance around chronic pain management.		School Swim		School Swim		Inclusive Swim 1pm-2pm	General Swim 12noon-1pm	
Adult Only Swim	Adults only swim is for 16 years+. There is 2 single lanes and 1 double lane in this session.	General Swim 3pm-4pm	General Swim 3pm-4pm	Inclusive Swim 2.30pm-3.30pm	General Swim 2pm-3pm	Aquacise 2pm-3pm	Family Fun Splash 2pm-3pm	General Swim 1pm-2pm	
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.	Lane Swim 3pm-4pm	Swim Lessons	Supported Swim 3.30pm-4.30pm	Lane Swim		Available for Pool Party Hire	Lane Swim	
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 4pm-5pm	General Swim 4pm-5pm	General Swim 4.30pm-5.30pm	Swim Lessons	Family Fun Splash 4.45pm-5.45pm		Lane Swim	
		Lane Swim 5pm-6pm	General Swim 5pm-6pm	Inclusive Swim 6pm-7pm	Ducklings Lessons				
		General Swim 6pm-7pm	General Swim 6pm-7pm	Adults Only Swim 7pm-8pm	Adult Swim Lessons	General Swim 6pm-7pm			
		Aquacise 7pm-8pm	Adults Only Swim 7pm-8pm	Adults Only Swim 7pm-8pm	Lane Swim (2 lanes) 6pm-7pm	Lane Swim			
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 7pm-8pm	Adults Only Swim 7pm-8pm			
NOTES	We strongly advise pre-booking your swimming sessions. Swimming sessions are non-transferable and non-refundable.								

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)



magnavitae.org



Stay up to date:
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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



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:

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Station Leisure & Learning Centre

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Exercise Class Programme

Term Time | 12th May - 1st June

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Yoga/Pilates	£9.55	£7.80	£7.10	FREE

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

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

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.