Swimming Pool Programme

Easter Holidays: 7th - 13th April

This is an open swimming pool session - suitable for all abilities. Swim **Lane Swim** Where general swim sessions incl lane swimming at the side, please note that it references 1 lane in the swimming pool (alongside the ger swim area.) On Thursdays from 6pm-7pm, 2 lanes are available. On Mondays from 10am-11am a Fridays from 11am-12noon, all 4 (with no general swimming alongsid 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 the pool to learn to swim. At time where school's are not in, we will general swimming sessions in place Keep an eye on our website and FREE Magna Vitae app for update Inclusive This is an open session with one factoring in sensory & behaviou Swim needs. We won't have music play and will use natural lighting rathe than artificial lighting where possi Supported Swim based exercises for those or health referral programmes, provi Swim advice and guidance around chroi pain management. Adult Only Adults only swim is for 16 years+ There is 2 single lanes and 1 doul Swim lane in this session. Aquacise Please note this session is 45 mir and will start 15 minutes into the session. Using the benefits of wate resistance for a low impact cardio ar muscle toning workout that can suit wide range of abilities and user grou Please note this session is 45 min and will start 15 minutes into the Aquacise session. Using the benefits of wate resistance: Great for improving flexibility, strength and endurance Perfect for those recovering from injury or wanting a gentler class. **Family Fun** The perfect session that suits for ages! Have fun with floats with pl Splash of space to make a splash! Great for 9pm kids and families to enjoy quality time together Breakfast Part of our Holiday Activity fun, during

the school holidays! Visit magnavitae.

org/holiday-activity/ to learn more!

We strongly advise pre-booking your swimming sessions. Swimming sessions are non-transferable and

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neral	7am	G e S 6.30 <i>a</i>
and lanes de.)	8am	G € S 7.30 <i>a</i>
	9am	G € S 8.30 <i>a</i>
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am	General Swim 8.30am-9.30am	Lane Swim 8.30am-9.30am					
am		Swim 10.30am					
am	Family Fu 10.30am-	11.30am					
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Aquacise |

7pm-8pm

Venue Ope	ning Times: Monday, Wednesda	ay & Frid	day: 6am-9p	m Tuesday	/ & Thursday	: 7am-9pm	Saturday & Sunday: 8am-5pm		ı-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	– 6am	MON	NDAY	TUE	SDAY	WEDN	ESDAY	<u> </u>
	swimming pool (alongside the general swim area.) On Thursdays from 6pm-7pm, 2 lanes are available.	7am	General Swim 6.30am-7.30am	Lane Swim 6.30am-7.30am	General	Lane	General Swim 6.30am-7.30am	Lane Swim 6.30am-7.30am	Gene
	On Mondays from 10am-11am and Fridays from 11am-12noon, all 4 lanes (with no general swimming alongside.)	_ 8am	General Swim	Lane Swim 7.30am-8.30am	Swim 7am-8am General	Swim ^{7am-8am} Lane	General Swim	Lane Swim 7.30am-8.30am	Swi ^{7am-8} Gene
Slow and Steady Social Swim	This session is targeted to those who are looking for a slower paced swim session. 16yrs+	9am	General Swim 8.30am-9.30am	Lane Swim 8.30am-9.30am	Swim 8am-9am	Swim 8am-9am	General Swim 8.30am-9.30am	Lane Swim 8.30am-9.30am	Swi 8am-9
Social Swiii	**Enjoy a discounted hot drink at the onsite Bistro!	-10	Lane	Swim		Club Swim	Family Fun Splash		Breal
School Swim	local school's visit for venue and use	_10am		-10.30am		ogramme Activity &		10.30am	Fam
	the pool to learn to swim. At times where school's are not in, we will add general swimming sessions in place.	11am		un Splash -11.30am		Food Programme)		d Steady Swim** -11.30am	
	Keep an eye on our website and the FREE Magna Vitae app for updates!	-12pm	Slow an	d Steady Swim**		un Splash -12noon	Slow and	Slow and Steady Social Swim**	
Inclusive Swim	This is an open session with one lane - factoring in sensory & behaviour	TZPIII	11.30am	-12.30pm		al Swim		-12.30pm	11
JWIIII	needs. We won't have music playing and will use natural lighting rather	1pm		d Steady Swim**		on-1pm		ın Splash	
	than artificial lighting where possible.	•	12.30pn	n-1.30pm	Duckling	s Lessons	12.30pm	n-1.30pm	Fan

sh	General Swim 1.30pm-2.30pm
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e n om	Inclusive Swim 6pm-7pm

Adults Only Swim

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General Swim	Lane Swim		7.30an		
8am-9am	8am-9am		Gei Sv		
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FRIDAY

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			8am-9am	/1111	9am		
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			Family Fun Splash 11am-12noon Family Fun Splash 11am-12noon		Family Fun Splash		
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	of ou	ir Duty	y Manager. this is often for		7pm		
	Than	k you fo	nd our control. or all of your nderstanding!		8pm		
					9 _{pm}		

MV Card **MV** Concession Non Age Pricing Card Holder 2-4yrs Member Holder for Swimming £4.65

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General Swim

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Adults Only Swim

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)

DID YOU KNOW?

non-refundable.

Club Swim

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.







All swimmers



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

Exercise Class Programme

Easter Holidays: 7th - 13th April

TRUST FOR LEISURE & CULTURI

Instructor-led C	Taccac							14475.7	5 / \piii
	ı.				Exercise	Classes Non Member	MV Card Holder MV	V Concession Card Holder	Membership
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.				45mins - Yoga/P	1 hour £7.55	£6.25 £7.80	£5.65 £7.10	FREE FREE
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.		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		<u>.</u>
YOGA	A physical & mental exercise using stretching and breathing to help improve posture and core stability. Helpful to relax & release stress!	7am ————————————————————————————————————	YOGA**			DIVE			7am
GENTLE YOGA	A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility and	8am YOGA**	BIKE~	BIKE~		BIKE~ Pilates**	YOGA**	YOGA**	8am
	recovery. Especially well-suited for those with pain, trouble sleeping, anxiety or stress.	9am BIKE~		YOGA**	Cycle~		TOGA		9am
BODY CONDITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	10am BodyWeight	Kettlebell Circuits**	Cardio BodyWeight** Stretch & Mobility**		Breathwork**	BIKE~	Aquacise*	10am
KETTLEBELL CIRCUITS	Kettlebells is designed to not just help improve your strength, but will also help to	11am Pilates** Ageless &	Cycle~	Zumba**	Cardio Dumbbell**	BIKE~		BodyWeight Stre	ngth**
	improve other factors like the strength of your core, improve balance & flexibility as well as coordination.			Pilates**	Aquacise*		Breathwork**	BIKE~	12pm
CORE & STRETCH	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.	1pm ————Gentle Yoga**	Breathwork**	BIKE~		Core & Stretch**		Stretch & Mobi	lity**
CYCLE	Cycle is a high-intensity exercise on a stationary bike. It combines cardio and	2pm Gentle Aquacise	*		BIKE~	Body Conditioning** Aquacise*	Strength Dumbbe	Pilates**	2pm
BOXERCISE CIRCUITS	endurance in a calorie-crunching session! Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts.	- 3pm - 4pm	BIKE~	BodyWeight Strength**	YOGA**	Лучасъс	BIKE~ Cardio BodyWeig	ght** YOGA**	3pm
	The classes also include a range of circuit training exercises for a full body workout.	Cardio BodyWeight**		Strength Dumbbell**		BIKE~			4pm
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.	5pm Boxercise Circuits** 6pm	Circuits**	Cycle~					5pm 6pm
AGELESS & AGILE	Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more information on these sessions, please contact	Body Conditioning**	BIKE~	Body Conditioning**	Cardio BodyWeight**	Strength Dumbbell** Stretch & Mobility**	* - Class takes p	place in the following local lace in the swimming po place in Engine Room Or	ol 7pm
CELLE	Marko: marko.humphrey@mvtlc.org	Spm Cycle~ Aquacise	Strength Dumbbell**	Core & Stretch**	BIKE~	Stetch & Mobility	** - Class takes	place in Engine Room Tv place in the Fitness Sui	vo
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 &	\(\alpha \chi \text{**}			Pilates**	BIKE~	*** - Class takes	s place in the Fitness Sur s place in The Signal Box	9pm
	endurance. Perfect for those recovering from injury or wanting a gentler class.	•			_				,
Virtual Classes d	elivered by FIIT:			CARDIO DUMBBELL	High intensity classes to burn	fat, tone muscle and build stami	ina using dumbbells.		

STRENGTH DUMBBELL

BODYWEIGHT STRENGTH

Become more relaxed and focused. Tune in. Tone up. And find your zen.

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.

To improve mobility, flexibility and mental focus.

PILATES

CARDIO BODYWEIGHT

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

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.

Swimming Pool Programme

SATURDAY

Easter Holidays: 14th - 20th April

SUNDAY

FASTER SUNDAY

6am

Venue Opening Times: Monday, Wednesday & Friday: 6am-9pm | Tuesday & Thursday: 7am-9pm | Saturday & Sunday: 8am-5pm This is an open swimming pool session - suitable for all abilities. Swim Lane Swim Where general swim sessions inclu lane swimming at the side, please note that it references 1 lane in the swimming pool (alongside the genswim area.) On Thursdays from 6pm-7pm, 2 lanes are available. On Mondays from 10am-11am ar Fridays from 11am-12noon, all 4 la (with no general swimming alongside This session is targeted to those who are looking for a slower paced swim session, 16vrs+ & *Enjoy a discounted hot drink at the onsite Bistro! School Swim School's Swimming pool booking local school's visit for venue and us the pool to learn to swim. At times where school's are not in, we will a general swimming sessions in place Keep an eye on our website and th FREE Magna Vitae app for updates Inclusive This is an open session with one la - factoring in sensory & behaviour Swim needs. We won't have music playir and will use natural lighting rather than artificial lighting where possib Supported Swim based exercises for those on nealth referral programmes, provid Swim advice and guidance around chron pain management. **Adult Only** Adults only swim is for 16 years+. There is 2 single lanes and 1 double Swim lane in this session. Aquacise Please note this session is 45 minu and will start 15 minutes into the h session. Using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit wide range of abilities and user group Please note this session is 45 minu and will start 15 minutes into the h Aguacise 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** The perfect session that suits for a ages! Have fun with floats with plenty Splash of space to make a splash! Great for 9pm kids and families to enjoy quality time together Breakfast Part of our Holiday Activity fun, during

the school holidays! Visit magnavitae.

org/holiday-activity/ to learn more!

We strongly advise pre-booking your swimming sessions. Swimming sessions are non-transferable and

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AF Programme		9.30am-	10.30am

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General

9.30am-10.30am
Slow and Steady Social Swim** 10.30am-11.30am
Slow and Steady Social Swim** 11.30am-12.30pm

Family Fun Splash 12.30pm-1.30pm	
General Swim	

Inclusive Swim 2.30pm-3.30pm

Supported Swim 3.30pm-4.30pm	

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Inclusive Swim
6pm-7pm

7pm-8pm

THURSDAY		FRIDAY	
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FRIDAY		
GOOD	FRIDAY	
Opening Times: 8.30am-5.30pm		
General Swim	Lane Swim	

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General Swim ^{9.30am-10.30am}	Lane Swim 9.30am-10.30am			
Lane Swim				

Lane Swim 10.30am-11.30am
Family From Colomb

Slow and Steady
Slow and Steady Social Swim**
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Aqua 2pm-3	

Ger	il Sv -4.30	Lane

nily Fun Spla 4.30pm-5.30pm	ash

			Opening Times: 8am-4pm		7am
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Swim Lessons	Sw 9am-	ne /im ^{10am}	Aquacise 9am-10am		9am 10am
Lessons	La Sw	ne /im -11am	General Swim	Lane Swim	10am
Family Fun Splash		Family Fun Splash		12pm	
General Swim		General Swim	Lane Swim	1pm	
Inclusive Swim 1pm-2pm		General Swim 1pm-2pm	Lane Swim	2pm	
Family Fun Splash			Family Fun Splash 2pm-3pm		3pm
Available for Pool Party Hire			Available for Pool Party Hire		4pm
					5pm
Please note: Our Programme is subject				6pm	

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!

Safe Swim policy.

scan the QR code:

To view this, please

All swimmers must abide by the Safe Swim policy.

MV Card MV Concession Under 2's Non Age Pricing Card Holder 2-4yrs Member Holder for Swimming £4.65 £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)

DID YOU KNOW?

non-refundable.

Club Swim

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.





App Store





7pm

8pm

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

Exercise Class Programme

Easter Holidays: 14th - 20th April

Instructor-led Classes Non Member MV Card Holder MV Concession Card Holder Membership **Exercise Classes AQUACISE*** Using the benefits of water resistance for a low impact cardio & muscle toning workout 45mins - 1 hour £7.55 £6.25 £5.65 that suits a wide range of abilities and user £9.55 £7.10 Yoga/Pilates £7.80 CIRCUITS Circuit classes are high energy and fast-paced and involve moving your way around different **TUESDAY FRIDAY SATURDAY SUNDAY MONDAY** WEDNESDAY **THURSDAY** exercise stations performing each exercise as many times as you can in a set amount 6am **EASTER SUNDAY GOOD FRIDAY YOGA** A physical & mental exercise using stretching and breathing to help improve posture and Opening Times: Opening Times: core stability. Helpful to relax & release stress! Cardio Dumbbell** 8.30am-5.30pm 8am-4pm **GENTLE YOGA** A slow-paced class moves through a series of 8am 8am gentle movements connecting your breath to your body, improving relaxation, flexibility and recovery. Especially well-suited for those with 9am 9am pain, trouble sleeping, anxiety or stress. Cycle~ Aquacise* **BODY** Aerobics warm up with muscle toning Cardio BodyWeight st 10am 10am CONDITIONING exercises. A great class for those looking for Stretch & Mobility Kettlebell Circuits*3 muscle shaping away from the gym. Ageless & 11am **KETTLEBELL** Kettlebells is designed to not just help 11am Agile*** improve your strength, but will also help to CIRCUITS Pilates* Cvcle~ Zumba** improve other factors like the strength of your core, improve balance & flexibility as well as 12pm Aquacise' 12pm Pilates* Yoga** Breathwork** This class designed to improve your balance, **CORE &** 1pm 1pm mobility, posture and stability through light Gentle Yoga** exercise and stretching. Body Conditioning** Strength Dumbbell*3 2pm Cycle is a high-intensity exercise on a stationary bike. It combines cardio and Aquacise* endurance in a calorie-crunching session! 3pm Boxercise® is an extremely popular form BodyWeight Strength** YOGA** of fitness training. The punches taught include jab, cross, hooks and uppercuts. 4pm 4pm The classes also include a range of circuit Strength Dumbbell** Cardio BodyWeight** training exercises for a full body workout. 5pm 5pm ZUMBA Combine the calorie burning benefits of traditional aerobics with fun dance moves Circuits** & you have Zumba. Catering for all abilities. Cycle-Get fit & bring your Latin spirit with you. 6pm 6pm Our classes take place in the following locations: Cardio BodyWeight* **AGELESS &** Body Conditioning** Wellbeing advice, seated exercises, indoor * - Class takes place in the swimming pool Body Conditioning** **AGILE** boccia, a cuppa, socialising & more! For more 7pm ~ - Class takes place in Engine Room One information on these sessions, please contact Aquacise³ ** - Class takes place in Engine Room Two Marko: marko.humphrey@mvtlc.org Strength Dumbbell** Cycle~ 8pm ~~ - Class takes place in the Fitness Suite 8pm Please note this session is 45 minutes, and Pilates* will start 15 minutes into the hour session. - Class takes place in The Signal Box Using the benefits of water resistance: 9pm 9pm Great for improving flexibility, strength & endurance. Perfect for those recovering from injury or wanting a gentler class.

Virtual Classes delivered by	FIIT:	С
BREATHWORK	Improve joint health and flexibility, build core strength and prevent injury.	
STRETCH & MOBILITY	To improve mobility, flexibility and mental focus.	ST
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	BOD
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. MAC

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

Swimming Pool Programme

Term Time | 21st - 27th April

General Swim	This is an open swimming pool session - suitable for all abilities.	6am _l	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 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		
	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 T.30am-8.30am	General Swim 7.30am-8.30am T.30am-8.30am	General Swim 7.30am-8.30am 7.30am-8.30am	General Swim 7.30am-8.30am 7.30am-8.30am 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 Swim 8.30am-9.30am 8.30am-9.30am	General Swim Swim 8.30am-9.30am 8.30am-9.30am	General Lane Swim Swim 8.30am-9.30am 8.30am-9.30am	Lane Swim	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		School Swim	General Swim 9.30am-10.30am 9.30am-10.30am	Lessons Jane	9am-10am
School Swim	at the onsite Bistro! School's Swimming pool booking -	_ 11am	Gentle Aquacise		Slow and Steady Social Swim**		Lane Swim	Swim 10am-11am	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	(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	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 1.30pm-2.30pm 1.30pm-2.30pm	School Swim		General Swim	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	3pm	General Lane Swim Swim	General Swim	Inclusive Swim 2.30pm-3.30pm	2pm-3pm	грт-зрт	Available for Pool	Available for Pool
Adult Only	pain management. Adults only swim is for 16 years+.	- 4pm	3pm-4pm 3pm-4pm General Lane	General	Supported Swim 3.30pm-4.30pm	Swim	General Swim 3.30pm-4.30pm	Party Hire	Party Hire
Swim	There is 2 single lanes and 1 double lane in this session.	_ 5pm	Swim 4pm-5pm Swim 4pm-5pm	Swim Swim	General Swim	Lessons	Family Fun Splash		
Aquacise	Please note this session is 45 minutes, and will start 15 minutes into the hour session. Using the benefits of water	6pm		Lessons General Swim 5pm-6pm	4.30pm-5.30pm	Ducklings Lessons	4.45pm-5.45pm		e note: nme is subject
	resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.	.		General Swim 6pm-7pm Lane Swim 6pm-7pm	Inclusive Swim 6pm-7pm	Adult Swim Lessons Lane Swim (2 lanes) 6pm-7pm	General Swim	to change at	the discretion y 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. Perfect for those recovering from	7pm 8pm		Adults Only Swim 7pm-8pm	Adults Only Swim 7pm-8pm	General Swim Zpm-8pm Lane Swim Zpm-8pm	Adults Only Swim 7pm-8pm	reasons beyou Thank you f	this is often for nd our control. for all of your understanding!
Family From	injury or wanting a gentler class. The perfect session that suits for all	_ 9pm	Duising Non	MV Card MV Cor	ncession Age Un	nder 2's	bownload on the App Store		All swimmers
Family Fun Splash	ages! Have fun with floats with plenty of space to make a splash! Great for kids and families to enjoy quality time		for Member £5.65	Holder Card £4.65 £4	Holder 2-4yrs .25 £2.50 £	My Bookings	Google Play	must : Safe : To view	abide by the Swim policy.
NOTES	together. We strongly advise pre-booking your swimming sessions. Swimming	-		gth and 4 lanes wide. (29 app or by visiting our we				scan ti	he QR code:

DID YOU KNOW?

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:

free from your App Store!

Download our App for

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 MV Card Holder MV Concession Card Holder **Exercise Classes** Non Member Membership AQUACISE* Using the benefits of water resistance for a low impact cardio & muscle toning workout 45mins - 1 hour £7.55 £6.25 £5.65 that suits a wide range of abilities and user £7.10 Yoga/Pilates £9.55 £7.80 **CIRCUITS** Circuit classes are high energy and fast-paced and involve moving your way around different **SUNDAY MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** exercise stations performing each exercise as many times as you can in a set amount 6am Bank Holiday **YOGA** A physical & mental exercise using stretching 7am and breathing to help improve posture and **Opening Times:** core stability. Helpful to relax & release stress! 8.30am-5.30pm **GENTLE YOGA** A slow-paced class moves through a series of 8am 8am Pilates* gentle movements connecting your breath to your body, improving relaxation, flexibility and recovery. Especially well-suited for those with 9am 9am pain, trouble sleeping, anxiety or stress. Cycle~ Aquacise³ BODY Aerobics warm up with muscle toning 10am 10am CONDITIONING exercises. A great class for those looking for Stretch & Mobility* Kettlebell Circuits** muscle shaping away from the gym. Cardio Dumbbell** **KETTLEBELL** Kettlebells is designed to not just help 11am 11am improve your strength, but will also help to CIRCUITS Pilates* Cvcle~ Zumba** improve other factors like the strength of your core, improve balance & flexibility as well as 12pm Aquacise' 12pm coordination Pilates* Yoga** Breathwork** **CORE &** This class designed to improve your balance, 1pm 1pm mobility, posture and stability through light Stretch & Mobility* Gentle Yoga** exercise and stretching. Strength Dumbbell** Body Conditioning** 2pm 2pm Cycle is a high-intensity exercise on a stationary bike. It combines cardio and Aquacise* endurance in a calorie-crunching session! ■3pm Boxercise® is an extremely popular form BodyWeight Strength** YOGA** of fitness training. The punches taught include jab, cross, hooks and uppercuts. 4pm 4pm The classes also include a range of circuit Strength Dumbbell** training exercises for a full body workout. 5pm 5pm Combine the calorie burning benefits of ZUMBA traditional aerobics with fun dance moves Circuits** & you have Zumba. Catering for all abilities. Cycle-6pm Get fit & bring your Latin spirit with you. 6pm Our classes take place in the following locations: Strength Dumbbell** Cardio BodyWeight** **AGELESS &** Wellbeing advice, seated exercises, indoor * - Class takes place in the swimming pool Body Conditioning** **AGILE** boccia, a cuppa, socialising & more! For more 7pm ~ - Class takes place in Engine Room One Stretch & Mobility* information on these sessions, please contact ** - Class takes place in Engine Room Two Marko: marko.humphrey@mvtlc.org Strength Dumbbell* ~~ - Class takes place in the Fitness Suite 8pm Please note this session is 45 minutes, and *** - Class takes place in The Signal Box will start 15 minutes into the hour session. Using the benefits of water resistance: 9pm 9pm Great for improving flexibility, strength & endurance. Perfect for those recovering from injury or wanting a gentler class. CARDIO DUMBBELL High intensity classes to burn fat, tone muscle and build stamina using dumbbells. Virtual Classes delivered by FIIT:

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

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. 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

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	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 5pm-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	Unfortunately, this is often for reasons beyond our control. Thank you for all of your support and understanding!	
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 Grantou Google Play	To view	Il swimmers abide by the Swim policy. It is, 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.



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

instructor-lea C	JIdSSES										
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.				Exercise 45mins -	1 hour £7.55	£6.25	£5.65	FREE		
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.	MONDAY 6am	TUESDAY	WEDNESDAY	Yoga/F THURSDAY	FRIDAY	£7.80 SATURDAY	£7.10 SUNDAY	FREE 6am		
YOGA	A physical & mental exercise using stretching and breathing to help improve posture and core stability. Helpful to relax & release stress!	7am Cardio Dumbbell**	YOGA**			BIKE~			7am		
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		BIKE~	BIKE~ YOGA**		Pilates**	YOGA**	YOGA**	8am 9am		
BODY CONDITIONING	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.	BIKE~ 10am BodyWeight Strength*	Kettlebell Circuits**	Cardio BodyWeight** Stretch & Mobility**	Cycle~	Breathwork**	BIKE~	Aquacise*	10am		
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		Cycle~	Zumba**	Cardio Dumbbell**	BIKE~	DINE	BodyWeight Stre			
CORE &	core, improve balance & flexibility as well as coordination. This class designed to improve your balance,	12pm Yoga**		Pilates**	Aquacise*	Core & Stretch**	Breathwork**	BIKE~	12pm		
STRETCH	mobility, posture and stability through light exercise and stretching.	1pm Gentle Yoga**	Breathwork**	BIKE~	BIKE~	Body Conditioning**	Strength Dumbbell	Stretch & Mobil	,		
CYCLE	Cycle is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a calorie-crunching session!	2pm BIKE~				Aquacise*	BIKE~	Pilates**	2pm		
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	4pm	BIKE~	BodyWeight Strength**	YOGA**		Cardio BodyWeigh	nt** YOGA**	3pm 4pm		
ZUMBA	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.	Cardio BodyWeight** 5pm Boxercise Circuits**	Circuits**	Strength Dumbbell**		BIKE~			5pm		
AGELESS & AGILE	Get fit & bring your Latin spirit with you. Wellbeing advice, seated exercises, indoor boccia, a cuppa, socialising & more! For more	6pm Body Conditioning**	BIKE~	Cycle~ Body Conditioning**	Cardio BodyWeight**	Strength Dumbbell**	* - Class takes pla	lace in the following loca ace in the swimming po	ol 7pm		
GENTLE	information on these sessions, please contact Marko: marko.humphrey@mvtlc.org Please note this session is 45 minutes, and will start 15 minutes into the hour session.	Cycle~ Aquacise*	Strength Dumbbell**	Core & Stretch**	BIKE~	Stretch & Mobility** BIKE~	** - Class takes p	ace in Engine Room On lace in Engine Room Two lace in the Fitness Suit	vo te -8pm		
AQUACISE	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.	9pm					- Class takes	place in The Signal Box	9pm		
Virtual Classes d				CARDIO DUMBBELL	High intensity classes to burn	fat, tone muscle and build stamir	a using dumbbells.				
BREATHW	,	ity, build core strength and prevent injury.		YOGA	Become more relaxed and focused. Tune in. Tone up. And find your zen.						
						<u> </u>					

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	This is an open swimming pool	6am i	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 6am
Swim Lane Swim	session - suitable for all abilities. Where general swim sessions include lane swimming at the side, please note that it references 1 lane in the	7am	Bank Holiday Opening Times: 8.30am-5.30pm	General Lane Swim Swim	Swim Swim	General Lane Swim Swim 6.30am-7.30am 6.30am-7.30am	General Lane Swim Swim 6.30am-7.30am 6.30am-7.30am		7am
	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 Lane Swim Swim	General Swim 7.30am-8.30am 7.30am-8.30am	General Swim 7.30am-8.30am T.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 Lane Swim 8.30am-9.30am 8.30am-9.30am	General Lane Swim 8.30am-9.30am 8.30am-9.30am	Lane Swim	9am Aguacise
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	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 Lessons Lane Swim	9am-10am 10am
School Swim	at the onsite Bistro! School's Swimming pool booking - local school's visit for venue and use	11am	Gentle Aquacise 10.30am-11.30am	Home	Slow and Steady Social Swim** 10.30am-11.30am		Lane Swim	10am-11am	10am-11am
	the pool to learn to swim. At times	12pm	Slow and Steady Social Swim**	Education Swim	Slow and Steady Social Swim**	Aquacise 11.30am-12.30pm	(4 lanes) 11am-12noon	General Swim 11am-12noon	General Swim 11am-12noon 12pm
	Keep an eye on our website and the FREE Magna Vitae app for updates!		Slow and Steady	General Swim 12noon-1pm	11.30am-12.30pm	11.30ин-12.30рш	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 1.30pm-2.30pm 1.30pm-2.30pm	School Swim		General Swim	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	3pm	General Lane Swim Swim	General Swim	Inclusive Swim 2.30pm-3.30pm	2pm-3pm	<i>г</i> рш-эрш	Available for Pool	Available for Pool
Adult Only	pain management. Adults only swim is for 16 years+.	4pm	Swim 3pm-4pm 3pm-4pm General Lane	3pm-4pm Genera	Supported Swim 3.30pm-4.30pm	Swim	General Swim 3.30pm-4.30pm	Party Hire	Party Hire 4pm
Swim	There is 2 single lanes and 1 double lane in this session.	. 5pm	Swim 4pm-5pm 4pm-5pm	Swim Swim 4pm-5pm	General Swim	Lessons			5pm
Aquacise	Please note this session is 45 minutes, and will start 15 minutes into the hour session. Using the benefits of water			Lessons Genera Swim 5pm-6pm		Ducklings Lessons	Family Fun Splash 4.45pm-5.45pm		e note: nme is subject 6pm
	resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.	6pm		General Lane Swim Swim	Inclusive Swim	Adult Swim Lessons Lane Swim (2 lanes)	General Swim	to change at	the discretion
Gentle Aquacise	ntle Please note this session is 45 minutes 7pr			6pm-7pm 6pm-7pm Adults Only Swim	Adults Only Swim	General Swim	Adults Only Swim	Unfortunately,	this is often for nd our control.
	session. Using the benefits of water resistance: Great for improving flexibility, strength and endurance. Perfect for those recovering from	8pm		7pm-8pm	7pm-8pm	7pm-8pm 7pm-8pm	7pm-8pm	Thank you f	for all of your understanding!
Family Fun Splash	injury or wanting a gentler class. 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	. 9pm'	Pricing Non Member Swimming £5.65	Holder Car	rd Holder 2-4yrs	order 2's My Rookings 1.00	App Store Google Play	must Safe	All swimmers a 70 pm All swimmers abide by the Swim policy. Vithis, please
NOTES	together. We strongly advise pre-booking your		The pool is 25m in leng sessions on our mobile		29 degrees). Book your website (magnavitae.org)	Page 1		scan t	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**			YOGA**		
	recovery. Especially well-suited for those with	9am	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 & Mobility		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	Zpiii	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 ta	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	
\(\(\alpha\) \(\alpha\)	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			
STRETCH & M		STRENGTH DUMBBELL		Bodyweight, equipment and resistance training, Build & sculpt muscle and feel the burn using dumbbells.									
PILATE				ity on the muscles around the spine		Bodyweight and resistance training to build and sculpt muscle. Master control with this class. No weights required. Replicate a real-life 25/45 minute ride! These workouts use revolutions per minute (RPM) and resistance. MAGNA VTAE							
CARDIO BODY			cle and build stamina. No weights r		BIKE	Replicate a real-life 25/45 mi	nute ride! The	ese workouts use revol	lutions per minute (RPM)	and resistance	MAGNA	VIIAE	
Magna Vitae is a I	Registered Charity. Charity Number 116	0156. A	Partner to East Lindsey Distr	rict Council.							TRUST FOR LEISUR	RE & CULTURE	

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

Swimming Pool Programme

Term Time | 12th May - 1st June

General Swim	This is an open swimming pool session - suitable for all abilities.	6am	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 6am
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-7.30an	General Swim 6.30am-7.30am 6.30am-7.30am	General Lane 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		7am
	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 Lane Swim 7.30am-8.30am	General Swim 7.30am-8.30am 7.30am-8.30am 7.30am-8.30an	General Swim 7.30am-8.30am 7.30am-8.30am	General Swim 7.30am-8.30am 7.30am-8.30am	General Swim 7.30am-8.30am 7.30am-8.30am 7.30am-8.30am		Adults Only Swim
	Fridays from 11am-12noon, all 4 lanes (with no general swimming alongside.)	9am	General Swim 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 Lane Swim 8.30am-9.30am 8.30am-9.30am	Lane Swim	9am - 9am - 9am - 9am
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!	10am	9.30am-10.30am 9.30am-10.30an	School Swim	Aquacise 9.30am-10.30am	School Swim	General Swim 9.30am-10.30am Lane Swim 9.30am-10.30am	Swim Lessons Lane Swim	9am-10am General Swim
School 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 Slow and Steady	Home Education Swim	Slow and Steady Social Swim** 10.30am-11.30am Slow and Steady	Aguacica	Lane Swim (4 lanes) 11am-12noon	General Swim	General Swim
	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!	12pm	Social Swim** 11.30am-12.30pm Slow and Steady	General Swim 12noon-1pm	Social Swim** / 11.30am-12.30pm	Aquacise 11.30am-12.30pm	Slow and Steady	General Swim 12noon-1pm	General Swim 12noon-1pm 12noon-1pm
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 Lane	Ducklings Lessons	Staff Training 12.30pm-2.30pm	School Swim General Swim 1pm-2pm	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 1.30pm-2.30pm 1.30pm-2.30pm	School Swim		General Swim	Aquacise 2pm-3pm	Family Fun Splash 2pm-3pm	Family Fun Splash 2pm-3pm
Supported Swim	Swim based exercises for those on health referral programmes, providing advice and guidance around chronic pain management.	3pm	General Swim 3pm-4pm 3pm-4pm	General Swim	Inclusive Swim 2.30pm-3.30pm Supported Swim		General 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.	4pm	General Swim 4pm-5pm 4pm-5pm	General Swim Swim	3.30pm-4.30pm General Swim	Swim Lessons	General Swim 3.30pm-4.30pm		4pm 5pm
Aquacise	Please note this session is 45 minutes, and will start 15 minutes into the hour session. Using the benefits of water	. 5pm	General Swim Swim	Lessons General Swim 5pm-6pm	4.30pm-5.30pm	Ducklings Lessons	Family Fun Splash 4.45pm-5.45pm		e note:
	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	General Lane Swim 6pm-7pm 6pm-7pm	Inclusive Swim 6pm-7pm	Adult Swim Lessons (2 lanes) 6pm-7pm	General Swim	to change at	the discretion by Manager. 7pm
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	8pm	Aquacise 7pm-8pm	Adults Only Swim 7pm-8pm	Adults Only Swim 7pm-8pm	General Swim Zpm-8pm Tpm-8pm	Adults Only Swim 7pm-8pm	reasons beyo Thank you t	this is often for and our control. For all of your understanding!
Family Fun Splash	injury or wanting a gentler class. 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 Non Member Swimming £5.65	Holder Card	Holder 2-4yrs 4.25 £2.50	ender 2's My Dockrey	Described on the App Store Caption Ca	must Safe To viev	9pm All swimmers
NOTES	\\\\\-\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	-		gth and 4 lanes wide. (2°			运动状态	SCAII L	ne QN 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.



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

Exercise Class Programme

Term Time | 12th May - 1st June

TRUST FOR LEISURE & CULTURI

Instructor-led C	structor-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.				45mins	- 1 hour Pilates	Non Member £7.55 £9.55	MV Card Holder £6.25 £7.80	MV Conce	£5.65 £7.10	Membership FREE FREE		
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.	MONDAY 6am	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURI	DAY	SUNDAY	6am		
YOGA	A physical & mental exercise using stretching and breathing to help improve posture and core stability. Helpful to relax & release stress!	7am Cardio Dumbbell**	YOGA**				BIKE~				7am		
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	8am YOGA**	BIKE~	BIKE~ YOGA**			Pilates**	YOGA	**	YOGA**	8am 9am		
BODY CONDITIONING	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.	10am BodyWeight Strength*	Kettlebell Circuits**	Cardio BodyWeight** Stretch & Aquacise*	Cycle~ Cardio Dumbbell**	Br	reathwork**	BIKE	~	Aquacise*	10am		
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	11am Pilates** Agile** Aquacise*	Cycle~	Zumba**			BIKE~			BodyWeight Stre	ngth** 11am 12pm		
CORE & STRETCH	coordination. This class designed to improve your balance, mobility, posture and stability through light	Yoga**		Pilates**	Aquacise*	Со	re & Stretch**	Breathwo	ork**	BIKE~	1pm		
CYCLE	exercise and stretching. Cycle is a high-intensity exercise on a stationary bike. It combines cardio and	Gentle Yoga** 2pm	Breathwork**	BIKE~	BIKE~	Body	Conditioning**	Strength Dun	nbbell**	Stretch & Mobil	2pm		
BOXERCISE CIRCUITS	endurance in a calorie-crunching session! Boxercise® is an extremely popular form of fitness training. The punches taught	= 3pm ==================================	BIKE~	BodyWeight Strength**	YOGA**		Aquacise*	BIKE Cardio Body		Pilates** YOGA**	3pm		
	include jab, cross, hooks and uppercuts. The classes also include a range of circuit training exercises for a full body workout.	4pm Cardio BodyWeight**		Strength Dumbbell**			BIKE~				4pm		
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.	Boxercise Circuits** 6pm	Circuits**	Cycle~		Cture		Our classes t	ake place in	the following local	5pm 6pm		
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	7pm Aquacise*	BIKE~ Strength Dumbbell**	Body Conditioning**	Cardio BodyWeight** BIKE~		gth Dumbbell** ch & Mobility**	* - Class tak ~ - Class tak	es place in es place in	the swimming po	ol e 7pm		
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	8pm Cycle~ Aquacise YOGA**	Strength Dunibbell	Core & Stretch**	Pilates**		BIKE~	~~ - Class ta	*** - Class takes place in Engine		e 8pm		
Virtual Classes d	from injury or wanting a gentler class. elivered by FIIT:			CARDIO DUMBBELL	High intensity classes to burn fat, tone muscle and build stamina using dumbbells.								
BREATHW	/ORK Improve joint health and flexibili	ity, build core strength and prevent injury.		YOGA	Become more relaxed and focused. Tune in. Tone up. And find your zen.								
STRETCH & M	10BILITY To improve mobility, flexibility ar	nd mental focus.		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.

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

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.

PILATES

CARDIO BODYWEIGHT