Skegness Pool & Fitness Suite

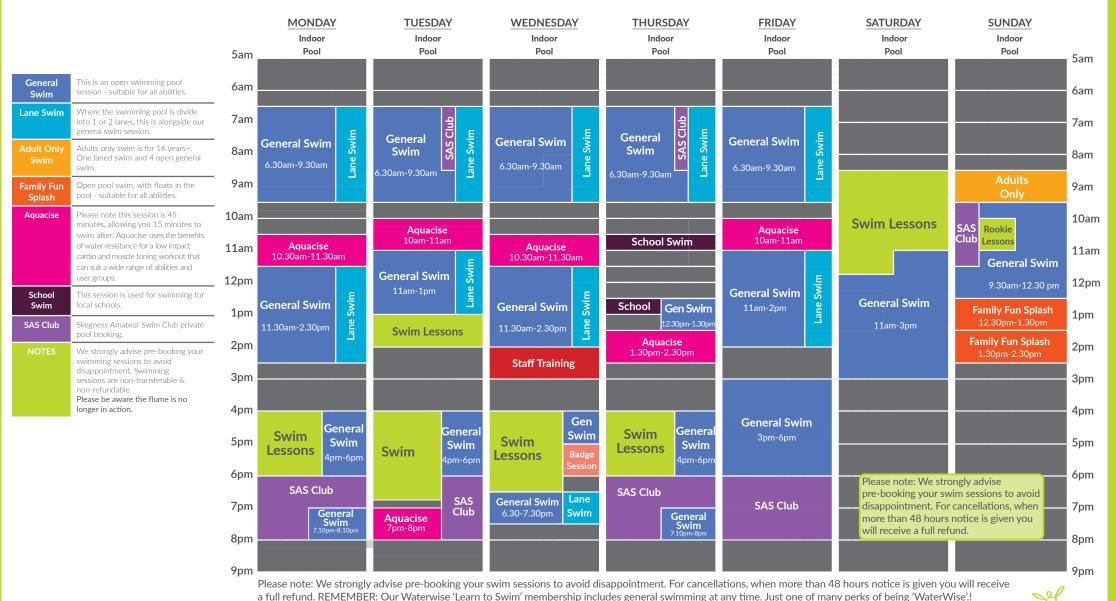
Venue Opening Times: Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

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

Indoor Pool Programme

Term Time | 28th April - 4th May

TRUST FOR LEISURE & CULTURE



magnavitae org

E: info@mvtlc.org T: 01754 610675 Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

Skegness Pool & Fitness Suite

Venue Opening Times: Monday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

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	

Exercise Class Programme

Term Time | 28th April - 4th May

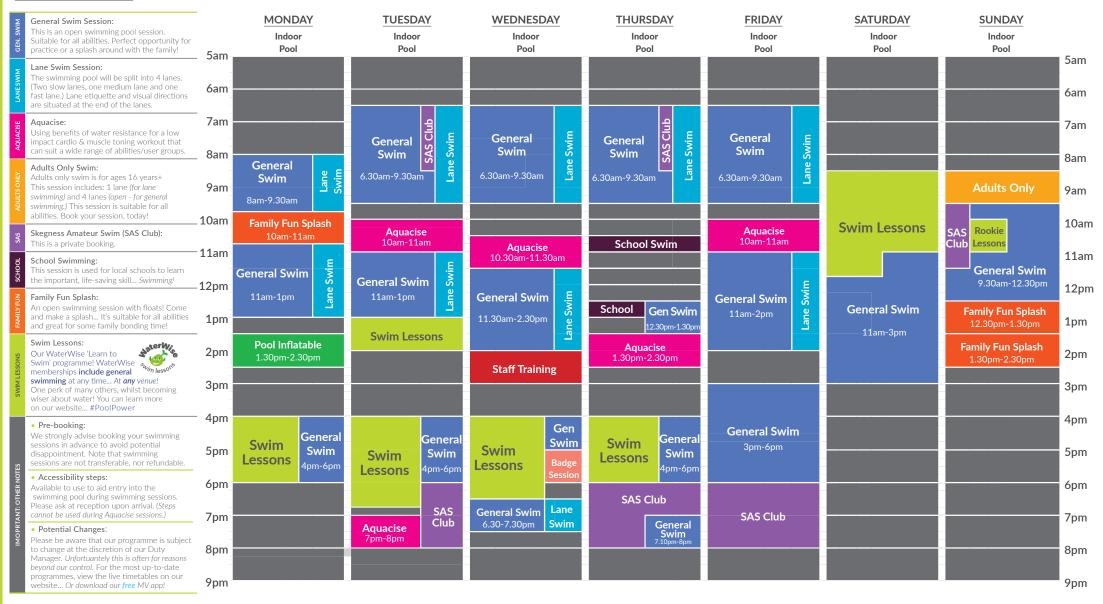
		7am ■	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	_I 7am
AQUACISE	Using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.	8am								8am
HIGH IN- TENSITY CICUITS	A combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high/low-intensity exercises.	9am			A Zumba Toning		A Pilates			9am
ZUMBA TONING	This class fuses Latin ryhthms & easy to follow low impact moves using lightweight toning sticks that you shake like maracas, to tone & sculpt muscles.	10am		P	9am A LBT		9 _{am} PAguacise A Pilates	G High Interesity		10am
LEGS, BUMS & TUMS (LBT)	Legs, Bums & Tums is a unique aerobic fitness class that is full of fun exercises to tone those "wobbly" areas on your stomach, thighs and bum. We use circuits and games to add to the fun and keep things interesting.	11am	Aquacise 10.30am	Aquacise 10 _{am}	10am P Aquacise A Yoga 10.30am		10am 10am	High Intensity Circuits 10am		11am
YOGA	A physical & mental exercise using stretching & breathing to help improve posture & core stability, whilst helping you relax & release stress.	12pm			110111	A C-:-				12pm
PILATES	A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.	1pm				A Spin 12:30pm				1pm
CIRCUITS	Circuit training is a combination of exercises, performed with short rest periods between them. This would be for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen exercises are completed.	2pm				Aquacise Body Con 1.30pm 1:30pm				2pm
CORE & STRETCH	This class designed to improve your balance, mobility, posture and stability through light exercise and stretching.	- 3pm				A Core & Stretch 2:30pm				3pm
BOXING CIRCUITS	This is a Boxercise-style class that incorporates punches such as jab, cross, hooks, and uppercuts. It also includes a variety of	4pm								4pm
(BC)	circuit training exercises for a full-body workout.	_ 5pm								5pm
		6pm			A 6' '					6pm
		7pm		A Spin 6:15pm	A Circuits 6pm					7pm
		8pm		Aquacise A BC 7:15pm	Core & Stretch A 7pm					8pm
		9pm								9pm
		P G	<u>ey</u> - Swimming Pool - Gym - Arts Room		Downloa	o to date!			9	6

Skegness Pool & Fitness Suite

Swimming Pool Programme

Term Time | 5th May - 11th May

Venue Opening Times: Bank Holiday Monday: 8am-6pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm



You can book online and via our free Magna Vitae app! Find out more about our

classes & activities, scan the QR code to browse our website!

Bookings can be made up to 7 days in advance.

To ensure everybody has an opportunity to attend popular classes, we have some booking limits in place: Please do not book more than 3 Aquacise sessions (per week).

All payments must be made at the time of booking.

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

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Prices for Swimming:

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)			
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!			



Venue Opening Times: Bank Holiday Monday: 8am-6pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

TUESDAY FRIDAY SATURDAY MONDAY WEDNESDAY THURSDAY SUNDAY Using benefits of water resistance for a low 7am BANK HOLIDAY impact cardio & muscle toning workout that can suit a wide range of abilities/user groups. 8am 8am Calorie-burning-benefits of aerobics, combined with up-to-date, fun dance moves, Caters for every ability! (One of our most popular classes.) High Intensity Circuits: 9am 9am Fun. Fit and Fab **Zumba Toning Pilates** A combination of both cardio and resistance training in the same workout. It alternates upper 9am 9am and lower body moves, as well as both high and low-intensity exercises. 10am 10am Zumba LBT ^A Pilates Circuits: Aquacise 10am 10am Combines exercises with short rest periods 10am 10am between them, for either a set number of Aquacise 11am 11am repetitions or for a set amount of time. One Yogalates | 10.30am 'circuit'= all the exercises have been completed. 11am Zumba Toning: 12pm 12pm This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles! Spin Yogalates: 1pm 1pm 12:30pm A mix of Pilates and Yoga, designed to improve mobility, flexbility, strength and tone up. This class will leave you centred and calm! Aquacise Body Con 2pm 2pm Core & Stretch: 1.30pm 1:30pm A floor-based class working the whole body. Stretch, strength, coordination and relaxation! Core & Stretch 3pm 3pm 2:30pm A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress. 4pm 4pm Legs, Bums & Tums: A unique aerobic-style fitness class, including fun games & circuit exercises to keep it interesting... Targeting and toning-up your legs, bum & tummy! 5pm 5pm Combining stretching and strength work to improve both your posture - And your mobility! 6pm 6pm Circuits Using an array of equipment and similar methods Spin to Pilates - Forming a cardio/conditioning workout! 7pm 7pm Zumba Sten: Core & Stretch A dance-based session inspired by Zumba. Using BC a small box step - Get moving to the Latin music! Aguacise 7pm 8pm 8pm 7:15pm 7pm Ageless & Agile*: Takes place at Barratt Court, Lyndhurst Ave, Skegness, PE25 2PQ It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly 9pm 9pm social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even Bookings can be made up to 7 days in advance. Download Magna Vitae's discussing health awareness topics like dementia To ensure everybody has an opportunity to attend popular classes, we have some and diabetes! Ageless & Agile is FREE for MV app for FREE! Be 'appy.

Tiny, But Mighty:

A celebration of the power of the small muscle groups & how they help to promote strength! An additional support session: Links to Claires Yoga classes.

members... (Or only £3.00 per session.)

booking limits in place: Please do not book more than 3 Aquacise sessions (per week). All payments must be made at the time of booking.

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Download on App Store Google play Prices for Non Members MV Card MV Card with Concession Magna Vitae Member **Exercise Classes:** 45 minutes to 1 hour £7.55 £6.25 £5.45 FREE! £9.55 £7.10 FREE! Yoga/Pilates Classes £7.80



Swimming Lessons

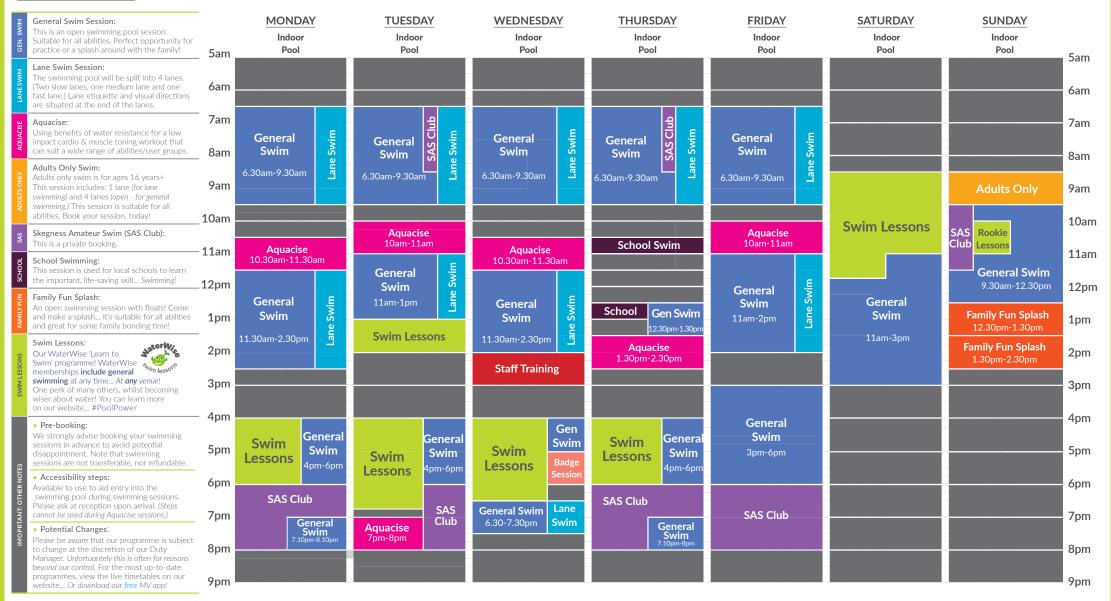
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Swimming Pool Programme

Term Time | 12th May - 25th May

Venue Opening Times: Bank Holiday Monday: 8am-6pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm



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