

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GENERAL SWIM	General Swim Session: This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!						
LANE SWIM	Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.						
AQUACISE	Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.						
SLOW & STEADY	Slow & Steady Social Swim: An ideal session for those who are looking for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)						
ADULT ONLY	Adults Only Swim: This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.						
INCLUSIVE	Inclusive Swim: An open session with one lane, factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.						
SUPPORTED	Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.						
GENTLE AQ	Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)						
SCHOOL	School Swimming: This session is used for local schools to learn the important, life-saving skill... <i>Swimming!</i>						
FAM FUN	Family Fun Splash: An open swimming session with floats! It's suitable for all abilities & great for family bonding!						
SWIM LESSONS	Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! You can learn more on our website... #PoolPower						
IMPORTANT-OTHER NOTES	<ul style="list-style-type: none"> • Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. • Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.) • Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. For the most up-to-date programmes, view the live timetables on our website... Or download our free MV app! 						
	6am	6am	6am	6am	6am	6am	6am
	7am	7am	7am	7am	7am	7am	7am
	8am	8am	8am	8am	8am	8am	8am
	9am	9am	9am	9am	9am	9am	9am
	10am	10am	10am	10am	10am	10am	10am
	11am	11am	11am	11am	11am	11am	11am
	12pm	12pm	12pm	12pm	12pm	12pm	12pm
	1pm	1pm	1pm	1pm	1pm	1pm	1pm
	2pm	2pm	2pm	2pm	2pm	2pm	2pm
	3pm	3pm	3pm	3pm	3pm	3pm	3pm
	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

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

Bookings can be made up to 7 days in advance.

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

All payments must be made at the time of booking.

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

Prices for Swimming:

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

Scan me!

magnavitae.org

MAGNA VITAE

TRUST FOR LEISURE & CULTURE

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AQUACISE* In our Swimming Pool Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	6am								6am
CIRCUITS** In Engine Room Two High-energy and fast paced! Move your way around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps.	7am								7am
YOGA** In Engine Room Two Physical and mental exercises, using stretching and breathing to help improve posture & core stability. Helpful to relax and release stress!	8am	Cardio Dumbbell**	YOGA**	BIKE~		BIKE~			8am
GENTLE YOGA** In Engine Room Two A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility & recovery. Suitable for those with pain, trouble sleeping, anxiety and/or stress.	9am	YOGA**	BIKE~	YOGA**		Pilates**	YOGA**	YOGA**	9am
BODY C. In Engine Room Two An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!	10am	BIKE~		Cardio BodyWeight**	Cycle~			Aquacise*	10am
KETTLEBELL In Engine Room Two Designed not just to improve health - But also to improve your core strength, balance, mobility, flexibility and even your overall co-ordination!	11am	BodyWeight Strength**	Ageless & Agile***	Stretch & Mobility**	Cardio Dumbbell**	Breathwork**	BIKE~		11am
CORE & ST. In Engine Room Two Improve your posture, balance, mobility and stability through light exercises and stretching.	12pm	Pilates**	Gentle Aquacise*	Kettlebell Circuits**					12pm
CYCLE In Engine Room One High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!	1pm		Cycle~	Zumba**		BIKE~		BodyWeight Strength**	1pm
BOXERCISE CI. In Engine Room Two Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts. Includes a range of circuit training exercises for a full body workout!	2pm	Yoga**		Pilates**	Aquacise*	Core & Stretch**	Breathwork**	BIKE~	2pm
AGELESS & AGILE In Engine Room Two It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members... Or only £3.00 per session.	3pm	Gentle Yoga**	Breathwork**	BIKE~	BIKE~	Body Conditioning**	Strength Dumbbell**	Stretch & Mobility**	3pm
ZUMBA In Engine Room Two Combining the calorie-burning benefits of aerobics - with fun dance moves. Get fitter and have fun with a sprinkle of Latin spirit!	4pm					Aquacise*	BIKE~	Pilates**	4pm
GENTLE AQ. In our Swimming Pool Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	5pm	BIKE~	BIKE~	BodyWeight Strength**	YOGA**		Cardio BodyWeight**	YOGA**	5pm
	6pm	Cardio BodyWeight**		Strength Dumbbell**		BIKE~			6pm
	7pm	Boxercise Circuits**	Circuits**						7pm
	8pm	Body Conditioning**	BIKE~	Cycle~	Cardio BodyWeight**	Strength Dumbbell**			8pm
	9pm	Cycle~	Aquacise*	Body Conditioning**	BIKE~	Stretch & Mobility**			9pm
		YOGA**	Strength Dumbbell**	Core & Stretch**	Pilates**	BIKE~			

Virtual Classes delivered by FIIT:

CARDIO DUMBBELL** High intensity. Tone muscle and build stamina using dumbbells.

CARDIO BODYWEIGHT** High intensity. Tone muscle and build stamina.

YOGA** Become more relaxed and focused. Tune in... Tone up... & Find your zen.

STRENGTH DUMBBELL** Bodyweight, equipment & resistance training using dumbbells.

BODYWEIGHT STRENGTH** Bodyweight and resistance training. Build & sculpt muscle.

BIKE** Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride!

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

STRETCH & MOBILITY** To improve mobility, flexibility & mental focus through stretch work.

PILATES** Combine stretching and strength work to improve posture and mobility.

BIKE~ Using revolutions per minute (RPM) and resistance. Replicate a real-life bike ride!

** = Engine Room One
~ = Engine Room Two

You can book online and via our free Magna Vitae app! Find out more about our classes & activities, scan the

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.

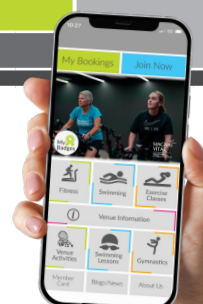
Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

QR code to browse our website!

Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

Download Magna Vitae's app for FREE! Be 'appy.



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

GENERAL	General Swim Session:		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!															
LANESWIM	Lane Swim Session:															
	The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.															
AQUACISE	Aquacise:															
	Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.															
SLOW & STEADY	Slow & Steady Social Swim:															
	An ideal session for those who are looking for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)															
ADULT ONLY	Adults Only Swim:															
	This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.															
INCLUSIVE	Inclusive Swim:															
	An open session with one lane, factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.															
SUPPORTED	Supported Swim Session:															
	Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.															
GENTLE AQ	Gentle Aquacise:															
	Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)															
SCHOOL	School Swimming:															
	This session is used for local schools to learn the important, life-saving skill... Swimming!															
FAM FUN	Family Fun Splash:															
	An open swimming session with floats! It's suitable for all abilities & great for family bonding!															
SWIM LESSONS	Swim Lessons:															
	Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! You can learn more on our website... #PoolPower															
IMPORTANT: OTHER NOTES	Pre-booking:															
	We strongly advise booking your swimming sessions in advance to avoid potential disappointment.															
	Accessibility steps:															
	Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)															
	Potential Changes:															
	Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortunately this is often for reasons beyond our control. For the most up-to-date programmes, view the live timetables on our website... Or download our free MV app!															



Scan me!

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

- Bookings can be made up to 7 days in advance.
- To ensure everybody has an opportunity to attend popular classes, we have some booking limits in place: **Please do not book more than 3 Aquacise sessions** (per week).
- All payments must be made at the time of booking.
- **Need to cancel a booking?** You must cancel 48 hours in advance (at least) to claim a refund.

Prices for Swimming:

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

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AQUACISE: Using benefits of water resistance for a low impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	6am	BANK HOLIDAY <i>Opening hours: 8.30am-5.30pm</i>							6am
CIRCUITS: High-energy and fast paced! Move your way around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps.	7am								7am
YOGA: Physical and mental exercises, using stretching and breathing to help improve posture & core stability. Helpful to relax and release stress!	8am		YOGA**	BIKE~		BIKE~			8am
Gentle Yoga: A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility & recovery. <i>Suitable for those with pain, trouble sleeping, anxiety and/or stress.</i>	9am		BIKE~	YOGA**		Pilates**	YOGA**	YOGA**	9am
Body Conditioning: An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!	10am	BIKE~		Cardio BodyWeight** Stretch & Mobility**	Cycle~			Aquacise*	10am
Kettlebell Circuits: Designed not just to improve health - But also to improve your core strength, balance, mobility, flexibility and even your overall co-ordination!	11am	BodyWeight Strength** Pilates**	Ageless*** & Agile Gentle Aqua-cise*	Kettlebell Circuits**	Cardio Dumbbell**	Breathwork**	BIKE~		11am
Core & Stretch: Improve your posture, balance, mobility and stability through light exercises and stretching.	12pm		Cycle~	Zumba**	Aquacise*	BIKE~		BodyWeight Strength**	12pm
Cycle: High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!	1pm	Yoga**		Pilates**		Core & Stretch**	Breathwork**	BIKE~	1pm
Boxercise® Circuits: Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts. Includes a range of circuit training exercises for a full body workout!	2pm	Gentle Yoga**	Breathwork**	BIKE~	BIKE~	Body Conditioning**	Strength Dumbbell**	Stretch & Mobility**	2pm
Ageless & Agile*: Takes place inside The Signal Box (inside our venue) It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members... (Or only £3.00 per session.)	3pm	BIKE~			Aquacise*	BIKE~	BIKE~	Pilates**	3pm
Zumba: Combining the calorie-burning benefits of aerobics - with fun dance moves. Get fitter and have fun with a sprinkle of Latin spirit!	4pm		BIKE~	BodyWeight Strength**	YOGA**		Cardio BodyWeight**	YOGA**	4pm
Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	5pm			Strength Dumbbell**		BIKE~	Virtual Classes delivered by FIIT: CARDIO DUMBBELL** High intensity. Tone muscle and build stamina using dumbbells. CARDIO BODYWEIGHT** High intensity. Tone muscle and build stamina. YOGA** Become more relaxed and focused. Tune in... Tone up... & Find your zen. STRENGTH DUMBBELL** Bodyweight, equipment & resistance training using dumbbells. BODYWEIGHT STRENGTH** Bodyweight and resistance training. Build & sculpt muscle. BIKE** Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride! BREATHWORK** Improve joint health and flexibility, build core strength and prevent injury. STRETCH & MOBILITY** To improve mobility, flexibility & mental focus through stretch work. PILATES** Combine stretching and strength work to improve posture and mobility. BIKE~ Using revolutions per minute (RPM) and resistance. Replicate a real-life bike ride!		5pm
	6pm		Circuits**						6pm
	7pm		BIKE~		Cardio BodyWeight**	Strength Dumbbell**			7pm
	8pm		Strength Dumbbell**		BIKE~	Stretch & Mobility**			8pm
	9pm			Core & Stretch**	Pilates**	BIKE~			9pm

You can **book online** and via our **free Magna Vitae app**. Find out more about our classes & activities, scan the

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.

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



QR code to browse our website!

Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.45	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

Download Magna Vitae's app for **FREE!** Be 'appy.

