# **Swimming Pool Programme**

# Term Time | 12<sup>th</sup> May - 25<sup>th</sup> May

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

General Swim Session:		MON	IDAY	TUE	SDAY	WEDN	ESDAY	THUR	RSDAY	FRIE	DAY	SATU	RDAY	SUNDAY	
This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	6am		6	am	6	am		m	6	am		m	60	m	
Lane Swim Session: The swimming pool will be split into 4 lanes. Two slow lanes, one medium lane and one fast ane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am	General Swim 6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)		<del> </del>	m	
Aquacise: Using benefits of water resistance for a low	8am	General Swim 7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)		8.	m Adult Only Sv	vim
npact cardio & muscle toning workout that an suit a wide range of abilities/user groups.	9am	General Swim	Lane Swim			General Swim	Lane Swim	General Swim	Lane Swim	General Swim	Lane Swim		9, Lane	(8am-9am - 16yrs m	
An ideal session for those who are looking or a slower-paced swim. This session is or ages 16yrs+ and is suitable for	10am	(8.30am-9.30am) General Swim	(8.30am-9.30am) Lane Swim	School	ol Swim	(8.30am-9.30am) am <b>Aqu</b> a (9.30am-		(8.30am-9.30am) am	(8.30am-9.30am)	(8.30am-9.30am) General Swim	(8.30am-9.30am) Lane Swim	Swim Lessons	Swim (9am-10am)	Aquacise (9am-10am)	Lane
all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)	11am	9.30am-10.30am) Gentle <i>P</i>	(9.30am-10.30am) Aguacise 11		m-11am)	Slow &	Steady	(9.30an		(9.30am-10.30am) 1am	(9.30am-10.30am) 1 1		Lane Swim (10am-11am)	General Swim (10am-11am)	Swim (10am- 11am)
Adults Only Swim: This session is for adults only (aged 16yrs+). During this session, there will be two single anes available and one double lane.	11am	(10.30am-	11.30am)		cation Swim <sup>2pm noon)</sup>	Slow &	-11.30am)			<b>Lane</b> (11am-12		General S		General Swim (11am-12pm noon)	Lane Swim
Inclusive Swim:  An open session with one lane, factoring in	12pm	Social (11.30am-	12.30pm)		12 al Swim oon-1pm)	om Social (11.30am-	Swim 12		acise 12 -12.30pm)	om Claw C	Standy.	General S (12pm noon-:		General Swim	Lane Swim
sensory & behaviour needs. We won't have music playing and will use natural lighting where possible. Supported Swim Session:	1pm	Slow & Social (12.30pm	Swim 1	Swim	Lessons kklings)	<sup>om</sup> Staff Tr	aining	School Swim (1.30pm-2pm)	General	Slow & Social (12.30pm	Swim 1	m	ve Swim	General Swim	Lane
nvolves swim-based exercises for those on nealth-referral programmes, providing advice and guidance around chronic pain management.	2pm	General Swim (1.30pm-2.30pm)	Lane Swim <sup>2</sup> (1.30pm-2.30pm)		<b>ol Swim</b> 2 <sub>0</sub> n-3pm)	(12.30pm- pm	-2.30pm) 2 <sub> </sub>	ım Carranal S	Swim (1pm-2pm) Lane	Agus	21	m	- <sub>2pm)</sub> 	(1pm-2pm) m	(1pm-2pm
Gentle Aquacise: Using benefits of water resistance: Gentle	3pm		3	om	3	m Inclusiv (2.30pm-	re Swim 3	General St (2pm-3pm um	WIIII Swim	Aqua (2pm-		(2pm-	-3pm) <sup>*</sup> 3 <sub>1</sub>	Family Fun Sp (2pm-3pm)	
exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)  School Swimming:	4pm	General Swim (3pm-4pm)	Lane Swim (3pm-4pm)	General S (3pm-4pi			ed Swim 4	ım		General S	wim Lane		ble for rty Hire - <sup>4pm)</sup> 4r	Available fo Pool Party H (3pm-4pm)	
This session is used for local schools to learn the important, life-saving skill Swimming!		General Swim	Lane Swim	Continu	General Swim	(3.30pm	-4.30pm)	Swim L	essons.	(3.30pm-4.30					
Family Fun Splash: An open swimming session with floats! It's suitable for all abilities & great for family bonding!	5pm	(4pm-5pm)  General Swim	(4pm-5pm) Lane Swim	Swim Lessons	(4pm-5pm) General Swim		al Swim 5 <sub>1</sub> -5.30pm)	swim Lessons (Ducklings)	5	Family Fu (4.45pm-	ın Splash ·5.45pm)	m	5,	um .	
Swim Lessons: Our WaterWise 'Learn to Swim' programme!	6pm	(5pm-6pm)  General Swim	(5pm-6pm) Lane Swim	General Swim	(5pm-6pm)  Lane Swim	Inclusiv	e Swim	Swim Lessons (Adult Lessons)	Lane Swim	rm General Sv	wim Lane	m		m	
WaterWise memberships include general swimming at any time At any venue! One perk of many others, whilst becoming wiser about water! You can	7pm	(6pm-7pm)	(6pm-7pm)	(6pm-7pm)	(6pm-7pm)		-7pm) 	· <sup>m</sup> General	Swim (6pm-7pm) Lane	(6pm-7pm			7;	·m	
earn more on our website #PoolPower  Pre-booking:	8pm	Aqua (7pm-			n - 16yrs+) 	(7pm-8pm		Swim (7pm-8pm)	Swim (7pm-8pm) 8	(7pm-8pm			87	·	
We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	Opp														
• Accessibility steps:  Available to use to aid entry into the swimming	9pm		9	and via our free	9	em	91	m	9	hui	9,	m	91	m	

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.

to change at the discretion of our Duty Manager

Prices for Swimming:

1 11005 101 51	· · · · · · · · · · · · · · · · · · ·				
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!



during Aquacise sessions.)

Please be aware that our programme is subject

Unfortuantely 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!

Potential Changes:

#### Exercise Class Programme

#### Term Time | 12<sup>th</sup> May - 25<sup>th</sup> May

**Venue Opening Times** | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm **MONDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY SUNDAY** Aquacise\*: In our Swimming Pool Using benefits of water resistance for a low 6am impact cardio & muscle toning workout that 6am can suit a wide range of abilities/user groups. Circuits\*\*: In Engine Room Two High-energy and fast paced! Move your way 7am around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps. Cardio Dumbbell\*\* YOGA\*\* Yoga\*\*: In Engine Room Two 8am 8am YOGA\*\* Pilates\*\* Physical and mental exercises, using stretching and breathing to help improve posture & core YOGA\*\* YOGA\*\* stability. Helpful to relax and release stress! YOGA\* 9am 9am Gentle Yoga\*\*: In Engine Room Two Cvcle~ A slow-paced class moves through a series of gentle Aquacise\* movements connecting your breath to your body, improving relaxation, flexibility & recovery. Suitable for 10am Aquacise 10am Ageless\* those with pain, trouble sleeping, anxiety and/or stress. Kettlebell Circuits\*\* Breathwork\*\* Cardio Dumbbell $^st$ Body Conditioning\*\*: In Engine Room Two Agile 11am 11am An aerobics-style warm up with muscle-toning BodyWeight Strength exercises. A great class for shaping & toning up! Pilates\* Cycle~ Zumba\*\* Kettlebell Circuits\*\*: In Engine Room Two 12pm 12pm Designed not just to improve health - But also Aquacise\* to improve your core strength, balance, mobility, Yoga\*\* Pilates\* flexibility and even your overall co-ordination! Core & Stretch\*\*: In Engine Room Two 1pm 1pm Improve your posture, balance, mobility and Stretch & Mobility Gentle Yoga\*\* stability through light exercises and stretching. Body Conditioning\* Strength Dumbbell $^st$ 2pm 2pm Cycle~: In Engine Room One Pilates\*\* High-intensity exercise class on a stationary bike. Aquacise\* Combine cardio and endurance in a calorie-crunching cycle session! 3pm 3pm Boxercise® Circuits\*\*: In Engine Room Two YOGA\*\* Cardio BodyWeight\* BodyWeight Strength\* YOGA\*\* Boxercise® is an extremely popular form of fitness training. The punches taught include jab, 4pm 4pm cross, hooks and uppercuts. Includes a range of Virtual Classes delivered by FIIT: circuit training exercises for a full body workout! Cardio BodyWeight\* Strength Dumbbell\* CARDIO DUMBBELL\*\* High intensity. Tone muscle and build stamina using dumbbells. Ageless & Agile\*\*\*: Takes place inside The Signal 5pm 5pm Box (inside our venue) CARDIO BODYWEIGHT\*\* High intensity. Tone muscle and build stamina. It's accessible to all - But tailored for adults who Boxercise Circuits\* YOGA\*\* Become more relaxed and focused. Tune in... Tone up... & Find your zen may suffer with health conditions. Your weekly Circuits\*\* STRENGTH DUMBBELL\*\* Bodyweight, equipment & resistance training using dumbbell: social and opportunity to meet new people! With Cvcle~ 6pm 6pm BODYWEIGHT STRENGTH\*\* Bodyweight and resistance training. Build & sculpt muscle.

lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! Ageless & Agile is FREE for MV members... Or only £3.00 per session

Zumba\*\*: In Engine Room Two Combining the calorie-burning benefits of aerobics - with fun dance moves. Get fitter

and have fun with a sprinkle of Latin spirit!

Gentle Aquacise\*: In our Swimming Pool Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and

strength. (An ideal class for injury recovery.) You can book online and via our free Magna Vitae app! Find out more about our classes & activities, scan the OR code to browse or

Cycle~

8pm

Body Conditioning\*

YOGA\*\*

Aquacise'

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 Exercise

45 minutes

Yoga/Pilat

Strength Dumbell\*

ur website:			App Store	ı
es for Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	
s to 1 hour	£7.55	£6.25	£5.45	
tes Classes	£9.55	£7.80	£7.10	

Body Conditioning\*

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



Cardio BodyWeight\*

Pilates\*



FREE!

FREE!

Strength Dumbbell\*

Stretch & Mobility\*



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

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

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

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



7pm

8pm

9pm

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

# **Swimming Pool Programme**

#### Half Term | 26<sup>th</sup> May - 1<sup>st</sup> June

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

venue Opening Times   Bank Holida	ay I ▼ I O I I		. ,	,		,	,		====			DD 41/	al INIDAY	
General Swim Session: This is an open swimming pool session, suitable	1	MONDAY	TUE	SDAY	WEDN	ESDAY	THUR	RSDAY	FRIC	DAY	SATUI	RDAY	SUNDAY	
for all. Perfect for practice or to splash around!	6am	BANK HOLIDAY	i dim	6	m		m		m	<del></del>	m		<del>m</del>	6am
Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am	Opening hours: 8.30am-5.30pm	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)		<del>7</del> 6	sm	7am
Aquacise: Using benefits of water resistance for a low	8am		General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)		8¢	m Adult Only Sv	8am
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups.	- 9am	General Lane Swim Swim		Lessons :klings)	General	Lane			General	Lane		90	(8am-9am - 16yrs	+)
Slow & Steady Social Swim: An ideal session for those who are looking	7 dili	(8.30am-9.30am) (8.30am-9.30am)		ast Club 10am)	<b>Swim</b> (8.30am-9.30am)	<b>Swim</b> (8.30am-9.30am)		ast Club 10am)	Swim (8.30am-9.30am) General	Swim (8.30am-9.30am) Lane	Swim	Lane Swim	Aquacise (9am-10am)	9am
for a slower-paced swim. This session is for ages 16yrs+ and is suitable for all abilities! (Enjoy a discounted drink	10am	Lane Swim (9.30am-10.30am)	General S	Lane	am <b>Aqua</b> (9.30am-1		am Family Fu	ın Splash	Swim	Swim	Lessons	(9am-10am)  Lane	General Swim	Lane Swim
at the on-site Whistle Stop Bistro)  Adults Only Swim:	_ 11am	Gentle Aquacise 1	(10am-11a 1am		Slow & Social	. 4 4	(10am-		am <b>Lane S</b> (10.30am-:		am	Swim (10am-11am)	(10am-11am)	(10am- 11am) 11am
This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.		Slow & Steady	Family F (11am-1	un Splash <sup>2pm noon)</sup>	(10.30am-			acise 2pm noon)		ın Splash 12	Family Fu (11am-12		Family Fun Sp (11am-12pm noo	n)
Inclusive Swim: An open session with one lane, factoring in	-12pm	Social Swim (11.30am-12.30pm)		un Splash	Social (11.30am-		om General S		om Fallilly Fu (11.30am-		General Sv		General Swim	Lane Swim
sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	1pm	Slow & Steady Social Swim (12.30pm-1.30pm)	om	con-1pm)	Family Fu (12.30pm-		(12pm noon-:	1pm)	Slow & Social	Swim 1	(12pm noon-1	1pm)	(12pm noon-1pm)	1pm Lane
Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice	2pm	Family Fun Splash	General S (1pm-2pi	Swim	General Sv	wim Lane Swim	Family Fu	un Splash <sup>2pm)</sup> 2	(12.30pm-	-1.30pm) 2i	Inclusiv (1pm- um		General Swim (1pm-2pm) m	Swim (1pm-2pm). 2pm
and guidance around chronic pain management.  Gentle Aquacise:	-	(1.30pm-2.30pm)	General S (2pm-3pi		(1.30pm-2.30	2.30pm)	General Swim	Lane Swim	Aqua (2pm-		Family Fu		Family Fun Sp (2pm-3pm)	lash
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	3pm	General Lane Swim Swim	General S		(2.30pm-	e Swim -3.30pm)	(2pm-3.30pm)	(2pm-3.30pm)		3,	m Availal Pool Pai		<i>m</i> Available fo Pool Party H	
School Swimming: This session is used for local schools to learn	4pm	(3pm-4pm) (3pm-4pm)	(3pm-4pi	n) (3pm-4pm) General		ed Swim 4, -4.30pm)	m		General Sv (3.30pm-4.30	SVVIIII	(3pm-		(3pm-4pm)	4pm
the important, life-saving skill Swimming!  Family Fun Splash:	5pm	Family Fun Splash (4pm-5pm)	Swim	Swim (4pm-5pm)	General Sv	Lane wim Swim	Swim L	essons	m	4.30pm)		5.	m	5pm
An open swimming session with floats! It's suitable for all abilities & great for family bonding!			Lessons	General Swim	(4.30pm-5.30		Swim Lessons (Ducklings)		Family Fu (4.45pm-			,		Spin Spin
Swim Lessons: Our WaterWise 'Learn to Swim' programme!	6pm		General	(5pm-6pm)	Inclusiv	e Swim	Swim Lessons (Adult Lessons)	Lane	m General Sv	wim Lane	m		m	6pm
WaterWise memberships include general swimming at any time At any venue!  One perk of many others, whilst	7pm		Swim (6pm-7pm)	Swim (6pm-7pm)	(6рт-		2m	Swim (6pm-7pm)	(6pm-7pm)				m	7pm
becoming wiser about water! You can him less of learn more on our website #PoolPower	-			nly Swim n - 16yrs+)	Adult On (7pm-8pm		General Swim (7pm-8pm)	Lane Swim (7pm-8pm)	Adult Or (7pm-8pm					
Pre-booking:     We strongly advise booking your swimming sessions in advance to avoid potential	8pm		) Vin	8	vm	8	om	8	m	81	m	81	em	8pm
disappointment.  • Accessibility steps:	9pm		pm	9	m	9	m	9	m	91	m	91	m	9pm
Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used	回数	You can book online  Bookings can be ma To ensure everybook	ade up to 7 days	in advance.			ses & activities, so	can the QR code	to browse our we	bsite!				

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 Membe (Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	FREE!



during Aquacise sessions.)

Please be aware that our programme is subject

to change at the discretion of our Duty Manager Unfortuantely 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!

Potential Changes:

# **Exercise Class Programme**

#### Half Term | 26<sup>th</sup> May - 1<sup>st</sup> June

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

Aquacise:	_	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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	<del>om 6</del>	<del>am 6</del> 6	m	e <del>m 6</del> 6	m	m	6am
Circuits: High-energy and fast paced! Move your way	7am	Opening hours: 8.30am-5.30pm	am 7	am 7.	ym	j om	ym — 7-	<i>m</i>	7am
around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps.			YOGA**	BIKE~ 88		BIKE~			
Yoga:  Physical and mental exercises, using stretching and breathing to help improve posture & core	8am		Im 8	im DIKL~ 8	tm 8	Pilates**		m YOGA**	8am
stability. Helpful to relax and release stress!  Gentle Yoga:	9am	9	BIKE~	m YOGA** 90	ym 9	am	YOGA**	roga m	9am
A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility & recovery. Suitable for	10am	BIKE~	am	Cardio BodyWeight** Stretch & Aquacise*	Cycle~	am 10	am10	Aquacise*	10am
those with pain, trouble sleeping, anxiety and/or stress.  Body Conditioning:	100111	BodyWeight Strength** Ageless***	Kettlebell Circuits**	Stretch & Mobility**	Cardio Dumbbell**	Breathwork**	BIKE~		Toain
	11am	Pilates**  Agile  Aqua  -cise*	Cycle~	1 <sub>am</sub> 11 Zumba**	am 11 Aquacise*	am 11 BIKE~	am 11	am BodyWeight Strength**	11am
Kettlebell Circuits:  Designed not just to improve health - But also to improve your core strength, balance, mobility,	12pm	12	pm 12	pm 12	pm	pm 1.2	pm 12	om BIKE~	12pm
flexibility and even your overall co-ordination!  Core & Stretch:	1pm	Yoga**	om 1	Pilates**	bm1	Core & Stretch**	Breathwork**	m	1pm
Improve your posture, balance, mobility and stability through light exercises and stretching.	TPIII	Gentle Yoga**	Breathwork**	BIKE~	DIVE	Body Conditioning**	Strength Dumbbell**	Stretch & Mobility**	тріп
Cycle: High-intensity exercise class on a stationary bike.	2pm	2	m 2	em2,	m BIKE~ 2	<u>m</u>		Pilates**	2pm
Combine cardio and endurance in a calorie-crunching cycle session!	3pm	BIKE~	om 3	om3ı	m3	Aquacise* <sup>m</sup> 3ı	BIKE~ 3 <sub>t</sub>	m	3pm
Boxercise® Circuits: Boxercise® is an extremely popular form of fitness training. The punches taught include jab,	1nm		BIKE~	BodyWeight Strength**	YOGA**	.m. 41	Cardio BodyWeight**	YOGA**	Anm
cross, hooks and uppercuts. Includes a range of circuit training exercises for a full body workout!	4pm	-		Strength Dumbbell**	<i></i>	BIKE~	Virtual Classes delivered by FIIT	- Engine Room two	4pm
Ageless & Agile*: Takes place inside The Signal Box (inside our venue) It's accessible to all - But tailored for adults who	5pm	5	5.	em 5,	<i>m</i> 5	m 5 <sub>1</sub>	CARDIO BODYWEIGHT** High intensity. To YOGA** Become more relaxed and focused. Tu	one muscle and build stamina.	5pm
may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing	6pm	6	Circuits**	om Cycle~ 6	ym	64	STRENGTH DUMBBELL** Bodyweight, equ BODYWEIGHT STRENGTH** Bodyweight	ipment & resistance training using dumbbells.	6pm
advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic			BIKE~		Cardio BodyWeight**	Strength Dumbbell**	BIKE** Using revolutions per minute (RPM) and		
games, seated exercises, quizzes And even	7			Dody Conditioning**			DICEATTIVO CICK Improve joint neath and fi		7
	7pm	7	em Strongth Dumboll**	Body Conditioning**	BIKE~	Stretch & Mobility**	STRETCH & MOBILITY** To improve mobil  PILATES** Combine stretching and strength w	ity, flexibility & mental focus through stretch work.	7pm
games, seated exercises, quizzes And even discussing health awareness topics like dementia and diabetest Ageless & Agile is FREE for MV members (Or only £3.00 per session.)  Zumba: Combining the calorie-burning benefits of	7pm 8pm	<del>7</del>	Strength Dumbell**	Body Conditioning**  m Core & Stretch** 8		Stretch & Mobility**  BIKE~	STRETCH & MOBILITY** To improve mobil	ity, flexibility & mental focus through stretch work. ork to improve posture and mobility.	7pm 8pm
games, seated exercises, quizzes And even discussing health awareness topics like dementia and diabetest Ageless & Agile is FREE for MV members (Or only £3.00 per session.)  Zumba: Combining the calorie-burning benefits of aerobics - with fun dance moves. Get fitter and have fun with a sprinkle of Latin spirit!	-	<del></del>	Strength Dumbell**		BIKE~  Pilates**	81	STRETCH & MOBILITY** To improve mobil  PILATES** Combine stretching and strength w	ity, flexibility & mental focus through stretch work. ork to improve posture and mobility.	-
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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.

Prices Exercise C 45 minutes Yoga/Pilates

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for Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
to 1 hour	£7.55	£6.25	£5.45	FREE!
s Classes	£9.55	£7.80	£7.10	FREE!

