

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!

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- 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!

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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.	6am BANK HOLIDAY Opening hours: 8.30am-5.30pm							6am
CIRCUITS	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
YOGA	Yoga: Physical and mental exercises, using stretching and breathing to help improve posture & core stability. Helpful to relax and release stress!		7am-8am YOGA**	8am-9am BIKE~		8am-9am BIKE~			8am
GENTLE YOGA	Gentle Yoga: 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-10am BIKE~	9am-10am YOGA**		9am-10am Pilates**	10am-11am YOGA**	10am-11am YOGA**	9am
BODY C.	Body Conditioning: An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!	10am-11am BodyWeight Strength**	11am-12pm Kettlebell Circuits**	10am-11am Cardio BodyWeight** Stretch & Mobility**	11am-12pm Aquacise*	10am-11am Cardio Dumbbell**	11am-12pm Breathwork**	12pm-1pm BIKE~	10am
KETTLEBELL	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-12pm Pilates**							11am-12pm Cycle~
CORE & ST.	Core & Stretch: Improve your posture, balance, mobility and stability through light exercises and stretching.	12pm-1pm Yoga**		12pm-1pm Pilates**		12pm-1pm Core & Stretch**	1pm-2pm Breathwork**	2pm-3pm BIKE~	12pm
CYCLE	Cycle: High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!	1pm-2pm Gentle Yoga**	1pm-2pm Breathwork**	2pm-3pm BIKE~		2pm-3pm BIKE~	3pm-4pm Body Conditioning**	4pm-5pm Strength Dumbbell**	1pm
BOXERCISE CL.	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-3pm BIKE~		3pm-4pm BIKE~		3pm-4pm Aquacise*	4pm-5pm BIKE~	5pm-6pm Pilates**	2pm
AGELESS & AGILE	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-4pm BIKE~	3pm-4pm BIKE~	4pm-5pm BodyWeight Strength**	4pm-5pm YOGA**		5pm-6pm Cardio BodyWeight**	6pm-7pm YOGA**	3pm
ZUMBA	Zumba: Combining the calorie-burning benefits of aerobics - with fun dance moves. Get fitter and have fun with a sprinkle of Latin spirit!	4pm-5pm Strength Dumbbell**	4pm-5pm Strength Dumbbell**	5pm-6pm Strength Dumbbell**		5pm-6pm BIKE~	Virtual Classes delivered by FIIT: ** = Engine Room One ~ = Engine Room Two 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!		4pm
GENTLE AQ.	Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	5pm-6pm Circuits**	6pm-7pm Cycle~	6pm-7pm Cardio BodyWeight**	6pm-7pm Strength Dumbbell**	7pm-8pm Stretch & Mobility**			7pm
		6pm-7pm BIKE~	7pm-8pm Body Conditioning**	7pm-8pm BIKE~	8pm-9pm Pilates**	8pm-9pm BIKE~	8pm		
		7pm-8pm Strength Dumbbell**	8pm-9pm Core & Stretch**	8pm-9pm Pilates**	9pm-10pm BIKE~		9pm		



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



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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!

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		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
GENERAL	General Swim Session: This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!														
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AQUACISE	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.														
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magnavitae.org

MAGNA VITAE

TRUST FOR LEISURE & CULTURE

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
GENTLE AQ	Gentle Aquacise*: In the Swimming Pool Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	6am	6am	6am	6am	6am	6am	6am	6am
CIRCUITS	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	7am	7am	7am	7am	7am	7am
		Cardio Dumbbell**	YOGA**			BIKE~			
YOGA	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	8am	8am	8am	8am	8am	8am	8am
		YOGA**	BIKE~			Pilates**			
GENTLE YOGA	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	9am	9am	9am	9am	9am	9am	9am
		BIKE~		YOGA**			YOGA**	YOGA**	
BODY C.	Body Conditioning**: In Engine Room Two An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!	10am	10am	10am	10am	10am	10am	10am	10am
		BodyWeight Strength**	Ageless*** & Agile	Cardio BodyWeight**	Cardio Dumbbell**	Breathwork**	BIKE~		
KETTLEBELL	Kettlebell Circuits**: 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	11am	11am	11am	11am	11am	11am	11am
		Pilates**	Cycle~	Zumba**		BIKE~		BodyWeight Strength**	
CORE&ST.	Core & Stretch**: In Engine Room Two Improve your posture, balance, mobility and stability through light exercises and stretching.	12pm	12pm	12pm	12pm	12pm	12pm	12pm	12pm
		Yoga**		Pilates**	Aquacise*	Core & Stretch**	Breathwork**	BIKE~	
CYCLE	Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!	1pm	1pm	1pm	1pm	1pm	1pm	1pm	1pm
		Gentle Yoga**	Breathwork**	BIKE~	BIKE~	Body Conditioning**	Strength Dumbbell**	Stretch & Mobility**	
BOXERCISE CI.	Boxercise® Circuits**: 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	2pm	2pm	2pm	2pm	2pm	2pm	2pm
		BIKE~				Aquacise*	BIKE~	Pilates**	
AGELESS & AGILE	Ageless & Agile***: Takes place inside The Signal Box (inside our venue) FREE for MV members or only £3.00 per session. 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!	3pm	3pm	3pm	3pm	3pm	3pm	3pm	3pm
			BIKE~	BodyWeight Strength**	YOGA**		Cardio BodyWeight**	YOGA**	
ZUMBA	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	4pm	4pm	4pm	4pm	4pm	4pm	4pm
		Cardio BodyWeight**		Strength Dumbbell**		BIKE~			
STRONG	Strong** with Venia: In Engine Room Two Strong combines high intensity interval training with the science of synced music. Motivation, music and moves in every class, synced perfectly to push you beyond your limits.	5pm	5pm	5pm	5pm	5pm	5pm	5pm	5pm
		Boxercise Circuits**	Circuits**						
		6pm	6pm	6pm	6pm	6pm	6pm	6pm	6pm
				Cycle~					
		7pm	7pm	7pm	7pm	7pm	7pm	7pm	7pm
		Body Conditioning**	Strong**	BIKE~	Cardio BodyWeight**	Strength Dumbbell**			
		Cycle~	Aquacise*	Strength Dumbbell**	BIKE~	Stretch & Mobility**			
		8pm	8pm	8pm	8pm	8pm	8pm	8pm	8pm
		YOGA**		Core & Stretch**	Pilates**	BIKE~			
		9pm	9pm	9pm	9pm	9pm	9pm	9pm	9pm

Virtual Classes delivered by FIIT: ** = Engine Room One ~ = Engine Room Two

- 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.
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