

Venue Opening Times | Bank Holiday Monday: 8am to 5pm | Tuesday to Friday: 6.30am-8pm | Saturday & Sunday: 8am-3pm

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR	INDOOR	OUTDOOR
6am														
7am														
8am														
9am														
10am														
11am														
12pm														
1pm														
2pm														
3pm														
4pm														
5pm														
6pm														
7pm														
8pm														
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](#)!



Scan me!

- 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.

Come and make a **SPLASH** in Skegness' Outdoor Pool!

Prices for Swimming:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Spectators (Does not include Sun Lounger)	Sun Lounger (Deposit required upon arrival)	Magna Vitae Member (Membership Holder)
1 hour session	£5.85	£4.90	£4.45	£2.50	£1.00			
1.5 hour session	£9.50	£7.00	£6.40	£3.75	£1.60	£3.00	£3.00 (+£2.00 deposit)	FREE!
Half Day Session	£16.00	£9.80	£8.75	£6.10	£3.00			

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<b>AQUACISE:</b> 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
<b>ZUMBA:</b> Calorie-burning-benefits of aerobics, combined with up-to-date, fun dance moves. Caters for every ability! (One of our most popular classes.)	7am								7am
<b>HIGH-INT. CIRCUIT:</b> A combination of both cardio and resistance training in the same workout. It alternates upper and lower body moves, as well as both high and low-intensity exercises.	8am								8am
<b>CIRCUITS:</b> Combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of time. One 'circuit' = all the exercises have been completed.	9am								9am
	10am								10am
	11am								11am
<b>ZUMBA TONING:</b> This class fuses Latin rhythms with low impact moves. Using lightweight toning sticks as your shakers - Tone and sculpt your muscles!	12pm								12pm
<b>YOGALATES:</b> A mix of Pilates and Yoga, designed to improve mobility, flexibility, strength and tone up. This class will leave you centred and calm!	1pm								1pm
<b>CORE &amp; STRETCH:</b> A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	2pm								2pm
<b>YOGA:</b> A physical and mental exercise using stretching & breathing to help improve posture and core stability. Helps you to relax and release stress.	3pm								3pm
<b>LEGS, BUMS &amp; TUMS:</b> A unique aerobic-style fitness class, including fun games & circuit exercises to keep it interesting... Targeting and toning-up your legs, bum & tummy!	4pm								4pm
<b>PILATES:</b> Combining stretching and strength work to improve both your posture - And your mobility!	5pm								5pm
<b>FIT BALL:</b> Using an array of equipment and similar methods to Pilates - Forming a cardio/conditioning workout!	6pm								6pm
<b>ZUMBA STEP:</b> A dance-based session inspired by Zumba. Using a small box step - Get moving to the Latin music!	7pm								7pm
<b>AGELESS &amp; AGILE:</b> 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 social and opportunity to meet new people! With lots of activities, exercises 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! <b>Ageless &amp; Agile is FREE for MV members...</b> (Or only £3.00 per session.)	8pm								8pm
	9pm								9pm



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



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!

