

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Term Time | 16th June - 20th July

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SP	Small Pirate Ship Pool: Temperature: 32 degrees	SP	SP	SP	SP	SP	SP	SP	6am
MAIN POOL	Main Pool: Length: 25m Amount of lanes: 8 Temperature: 29 degrees	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	7am
AQUACISE*	Aquacise (45 minutes): Sessions start 5 minutes into a time block. i.e. Aquacise on Monday's 10:05am-10:50am.								8am
INCLUSIVE SWIM	Inclusive Swim: This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.								9am
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! Learn more on our website... #PoolPower								10am
IMPORTANT: OTHER NOTES	<ul style="list-style-type: none"> Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable. 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.) Quieter Sessions: Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music = 🤫) Flume Opening times: Saturday's: 10am-3:30pm Sunday's: 10am-3pm 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! 								11am
									12pm
									1pm
									2pm
									3pm
									4pm
									5pm
									6pm
									7pm
									8pm
									9pm

Bookings can be made up to 7 days in advance.
All payments must be made at the time of booking.
Need to cancel a booking? You must cancel at least 48 hours in advance in order 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!

Meridian Leisure Centre

Wellness Studio Programme

Term Time | 16th June - 20th July

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES A combination of strength work & stretching that improves your overall posture and mobility. Feel the benefits on the muscles and around the spine.	6am	6am	6am	6am	6am	6am	6am
YOGA Physical & mental exercises that use stretches and breathing to enhance posture and core stability. Aids feeling relaxed and releases stress.	7am	7am	7am	7am	7am	7am	7am
WHOLE BODY EXERCISE** This class uses natural body movements to enhance your posture and strengthen your core. Work major muscle groups, improves your co-ordination & better your balance! With this class, you are able to work at your own pace to a variation of rhythms. This class is suitable for all ages and abilities.	8am	8am	8am	8am	8am	8am	8am
BALANCE & MOBILITY PILATES Elevate your balance, mobility, posture and stability with this thoughtfully crafted class. It seamlessly blends Pilates-inspired movements with stretches and gentle exercises. Perfect for your overall well-being.	9am	9am	9am	9am	9am	9am	9am
WELLNESS HOUR Wellness Hour is a quiet session where you're able to use space for light aerobics, stretching & floor workouts. This session is unmanned. <i>Mats are available but please feel free to bring your own!</i>	10am	10am	10am	10am	10am	10am	10am
SEATED EXERCISES Various physical activities performed while sitting or using a chair to support. Suitable for all ages & fitness levels!	11am	11am	11am	11am	11am	11am	11am
LBT Legs, Bums & Tums (LBT) is a fun, energising workout that targets your core, glutes and legs!	12pm	12pm	12pm	12pm	12pm	12pm	12pm
AGELESS & AGILE** (HELD IN MULTI-PURPOSE ROOM) Ageless & Agile is 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.)	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

** = Held in Multi-Purpose Room



Scan me!

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

Bookings can be made up to 7 days in advance.
All payments must be made at the time of booking.
Need to cancel a booking? You must cancel at least 48 hours in advance in order to claim a refund.

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!

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

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

Virtual Beginner RPM
Are you new to cycling? Try out the 'Beginner's Virtual RPM' class! You will be shown all the basics from what to do, to how the bike works. An ideal way to try something new!

Virtual RPM™
A group indoor cycling workout where you control the intensity. It's fun... Low impact... And you can burn up to 675 calories per session!

Virtual SPRINT™
High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results!

CYCLE
Cycle is high-intensity exercise on a stationary bike. Combines cardio and endurance in a calorie-crunching session!

SYNRGY
Taking place in our Fitness Suite functional area, these classes are a great for enhancing your overall health, strength and fitness.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am	SPRINT	RPM	SPRINT				
8am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM	
9am	RPM		SPRINT	RPM	SPRINT		
10am		SPRINT			CYCLE	SPRINT	
11am	CYCLE	CYCLE			RPM	CYCLE	
12pm				RPM	SPRINT		
1pm		RPM		RPM	SPRINT	SPRINT	
2pm						RPM	SPRINT
3pm	SPRINT	RPM	RPM	RPM	RPM	RPM	BEGINNER RPM
4pm	RPM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT	RPM
5pm	RPM		RPM	SPRINT	SPRINT	RPM	SPRINT
6pm		RPM	RPM	SPRINT	SPRINT	RPM	RPM
7pm	CYCLE	SPRINT	RPM	RPM	BEGINNER RPM		SPRINT
8pm	RPM	RPM	CYCLE	RPM	SPRINT		
9pm	RPM	SPRINT	RPM		RPM		



Scan me!

You can book online and via our free Magna Vitae app! To find out more about our classes & activities, scan here to browse our website!

- Bookings can be made up to 7 days in advance.
- All payments must be made at the time of booking.
- Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

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!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

Meridian Leisure Centre

Dance Studio Programme

Term Time | 16th June - 20th July

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY CONDITIONING Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	6am	6am	6am	6am	6am	6am	6am
PILATES A combination of stretches and strength work. Great for improving posture & mobility on muscles around the spine.	7am	7am	7am	7am	7am	7am	7am
MATURE MOVERS A lower impact session using toning and mobility exercises, some of which are chair based.	8am	8am	8am	8am	8am	8am	8am
YOGA Physical and mental exercises that use stretching & breathing to help improve posture and core stability, whilst helping you both to relax, and release stress.	9am	9am	9am	9am	9am	9am	9am
FITNESS PILATES Pilates inspired exercises combined with functional movements to improve posture, alignment & balance.	10am	10am	10am	10am	10am	10am	10am
LATIN FIT Join Kelly to dance your way into fitness with this fun, aerobic style workout!	11am	11am	11am	11am	11am	11am	11am
ZUMBA Combine the calorie burning benefits of aerobics with fun dance moves and you have Zumba! Caters for every ability.	12pm	12pm	12pm	12pm	12pm	12pm	12pm
CORE & STRETCH Benefit your whole body with some stretching, strength work and a bit of relaxation. (This is a floor-based class.)	1pm	1pm	1pm	1pm	1pm	1pm	1pm
LOW IMPACT AEROBICS Based on traditional aerobics, with great music... But with choreography that is designed to be a slightly slower tempo than that of your typical aerobics.	2pm	2pm	2pm	2pm	2pm	2pm	2pm
CLUB FIT Aerobic dance exercise. Enjoy old skool tunes in a darkened room with dazzling disco lights.	3pm	3pm	3pm	3pm	3pm	3pm	3pm
BALANCE & MOBILITY A circuit-style class to enhance balance, mobility, posture, overall functionality, and stability. (Light exercise and stretching.)	4pm	4pm	4pm	4pm	4pm	4pm	4pm
PIYO PiYo combines the strength of Pilates with the flexibility of yoga. A low impact class.	5pm	5pm	5pm	5pm	5pm	5pm	5pm
LEGS, BUMS & TUMS An aerobic-inspired, full-body workout that aims to tone up your thighs, bum & stomach. Perfect for enhancing your overall fitness levels.	6pm	6pm	6pm	6pm	6pm	6pm	6pm

Virtual Exercise Classes:

Virtual Body BALANCE™	A yoga-based class that embraces elements of Tai Chi and Pilates. Improve your mind, body and life! Bend, stretch and relax your way through simple moves.
Virtual Body COMBAT™	A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.
Virtual Body PUMP™	A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.
Virtual Body CORE™	Beneficial for your hips, butt and lower back! Not only that, cx worx is great for building overall core and body strength!

- Bookings can be made up to 7 days in advance.
- All payments must be made at the time of booking.
- Need to cancel a booking?** You must cancel at least 48 hours in advance in order to claim a refund.

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!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

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

Meridian Leisure Centre

Sports Hall Programme

Term Time | 16th June - 20th July

Venue Opening Times | Monday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OVER 45's Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!	7am	7am	7am	7am	7am	7am	7am
MV GYMNASTICS Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNDamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We've incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work. (Fun & social!)	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

PICKLEBALL
Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.



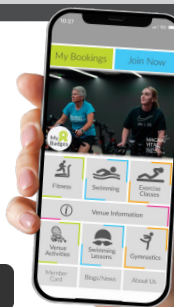
Scan me!

You can book online & via our app! To find out prices & more for Sports Hall activities, browse [our website](#):

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

- Bookings can be made up to 7 days in advance.
- All payments must be made at the time of booking.
- Need to cancel a booking? You must cancel at least 48 hours in advance in order to claim a refund.

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



magnavitae.org
MAGNA VITAE
TRUST FOR LEISURE & CULTURE