

Term Time | **2<sup>nd</sup> June - 20<sup>th</sup> July**

magnavitae.org  
**MAGNA VITAE**  
TRUST FOR LEISURE & CULTURE

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							
YOGA							
WHOLE BODY EXERCISE** (HELD IN MULTI-PURPOSE ROOM)							
BALANCE & MOBILITY PILATES							
WELLNESS HOUR							
AGELESS & AGILE** (HELD IN MULTI-PURPOSE ROOM)							
	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! To find out more about our classes & activities, scan here to browse our website!



Scan me!

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.

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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**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**

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

**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		6am	6am	6am	6am	6am	6am
7am	SPRINT	RPM	SPRINT				
8am	BEGINNER CYCLE	SPRINT	RPM	RPM	RPM	RPM	
9am	RPM		SPRINT	RPM	SPRINT		
10am	CYCLE	CYCLE			CYCLE	CYCLE	
11am				RPM	RPM		
12pm				RPM	SPRINT	SPRINT	
1pm		RPM				RPM	SPRINT
2pm						RPM	BEGINNER RPM
3pm	SPRINT	RPM	RPM		RPM	SPRINT	RPM
4pm	RPM	SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT
5pm	RPM		RPM	SPRINT	SPRINT	RPM	RPM
6pm	CYCLE	SPRINT	RPM	RPM	BEGINNER RPM		SPRINT
7pm	RPM	RPM	CYCLE	RPM	RPM		
8pm	RPM	SPRINT	RPM				
9pm							

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Virtual Classes	£3.85	£3.20	£2.80	FREE!

# Meridian Leisure Centre

## Dance Studio Programme

Term Time | 2<sup>nd</sup> June - 20<sup>th</sup> 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
<b>BODY CONDITIONING</b> 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
<b>PILATES</b> A combination of stretches and strength work. Great for improving posture & mobility on muscles around the spine.	7am	7am	7am	7am	7am	7am	7am
<b>MATURE MOVERS</b> A lower impact session using toning and mobility exercises, some of which are chair based.	8am	8am	8am	8am	8am	8am	8am
<b>YOGA</b> 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
<b>FITNESS PILATES</b> Pilates inspired exercises combined with functional movements to improve posture, alignment & balance.	10am	10am	10am	10am	10am	10am	10am
<b>LATIN FIT</b> Join Kelly to dance your way into fitness with this fun, aerobic style workout!	11am	11am	11am	11am	11am	11am	11am
<b>ZUMBA</b> 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
<b>CORE &amp; STRETCH</b> 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
<b>LOW IMPACT AEROBICS</b> 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
<b>CLUB FIT</b> Aerobic dance exercise. Enjoy old skool tunes in a darkened room with dazzling disco lights.	3pm	3pm	3pm	3pm	3pm	3pm	3pm
<b>BALANCE &amp; MOBILITY</b> A circuit-style class to enhance balance, mobility, posture, overall functionality, and stability. (Light exercise and stretching.)	4pm	4pm	4pm	4pm	4pm	4pm	4pm
<b>PIYO</b> PiYo combines the strength of Pilates with the flexibility of yoga. A low impact class.	5pm	5pm	5pm	5pm	5pm	5pm	5pm
<b>LEGS, BUMS &amp; TUMS</b> 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
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

### Virtual Exercise Classes:

<b>Virtual Body BALANCE™</b>	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.	<b>Virtual Body COMBAT™</b>	A fast paced workout to burn the calories! Punch, kick and jump along to this cardiovascular workout.
<b>Virtual Body PUMP™</b>	A full body workout set to great music. Combine light weights with high repetitions to improve muscle tone.	<b>Virtual CORE™</b>	Beneficial for your hips, butt and lower back! Not only that, cx worx is great for building overall core and body strength!

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# Meridian Leisure Centre


## Sports Hall Programme

Term Time | 2<sup>nd</sup> June - 20<sup>th</sup> 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
<b>OVER 45's</b> 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
<b>MV GYMNASTICS</b> 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
<b>LOUTH BADMINTON CLUB</b> A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.	9am	9am	9am	9am	9am	9am	9am
<b>SOCIAL WALKING NETBALL</b> Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.	10am	10am	10am	10am	10am	10am	10am
<b>WHEELCHAIR BASKETBALL LOUTH JAGUARS</b> Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players, (the majority of the team), it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. Welcome to people of all ages and abilities!	11am	11am	11am	11am	11am	11am	11am
<b>LOUTH NETBALL CLUB</b> There are 4 sessions: 5:00-6:00pm: (Years 2-6); 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com	12pm	12pm	12pm	12pm	12pm	12pm	12pm
<b>PICKLEBALL</b> 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.	1pm	1pm	1pm	1pm	1pm	1pm	1pm

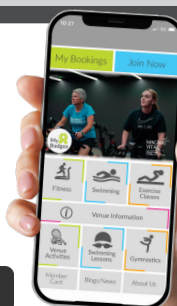
Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!

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