## Swimming Pool Programme

Term Time 9<sup>th</sup> June - 20<sup>th</sup> July

Venue Opening Times | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Σ	General Swim Session:	6am	6.	m	6am (	6am 6		Sim C	zim	6am
GEN. SWI	This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Lane Swim (6.30am) 7a	m Lane Swim	7am Lane Swim (6.30 <i>am</i> )	7 am Lane Swim 7 (6.30 <i>am</i> ) 7	am Lane Swim 7 (6.30am)	/ m	4. m	7am
LANE SWIM	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.	8am	Lane Swim <sub>8₹</sub> (7.30am)	m Lane Swim { (7.30am)	8am Lane Swim { (7.30am)	8 am <b>Lane Swim</b> 8. (7.30 <i>am</i> )	am <b>Lane Swim</b> 8 (7.30am)	Lane Swim (7am)	um Lane Swim (7.45am)	8am
UACISE	Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim 9a (8.30am)	m Lane Swim (8.30 <i>am</i> )	9am Lane Swim (8.30am)	9 am Lane Swim 9. (8.30am)	am Lane Swim 9 (8.30am)	o <sub>im</sub> 9 <b>Swim</b>	m	9am
AQ	can suit a wide range of abilities/user groups. Quiet Swim:	10am	10	am <b>Over 50's Swim</b> 1 (9.30 <i>am</i> )	Oam General Swim 1 (9.30am)	. <sup>C</sup> am <b>Aquacise</b> <sup>1C</sup> (9.45 <i>am</i> )	<sup>am</sup> School Swim <sup>1</sup>	Lessons Cam 10	dam Otters Swim Club	10am
QUIET SWIN	Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artifical lighting where possible. Our lifeguards will refrain from using whistles.	11am	School Swim 11	am <mark>Aquacise</mark> <sup>1</sup> (10.45am)	<sup>1 am</sup> School Swim <sup>1</sup>	1 am 11 Ducklings Lessons	am <b>Over 50's Swim</b> 1 (10.30 <i>am</i> )	1am 1	<sup>1am</sup> Family Fun Splash (10.45am)	11am
MIM		12pm	Aquacise <sup>12</sup>	om General Swim	2 pm 1	2pm12	pm (11.30am) 1	2pm (11.30am) 1:	2 <sup>pm</sup> General Swim	12pm
OVER 50's S	over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	1pm	(11.45am) 1r	(11.30am-1pm)	Aquacise (12pm)	Adult Lessons	om 1	General Swim om (12.15pm) 1	(11.45am) om General Swim	1pm
FAMILY FUN	Family Fun Splash: An open swimming session with floats! Come and make a splash It's suitable for all abilities and great for some family bonding time!	2pm	School Swim 2p	m 2 School Swim	2 <sub>2 gm</sub> School Swim	School Swim	School Swim	General Swim	(12.45pm)	2pm
SNO	Swine Lessons: Our WaterWise 'Learn to Swine' programme! WaterWise memberships include general	3pm	Lane Swim 31 (2.30pm)	m	3r m Cane Swim (2.45pm)	3 pm Lane Swim 3 (2.pm)	Quiet Swim om (2.15pm) 3	Lane Swim om (2.15pm) 3	(1.45pm)	3pm
SWIM LESS	memberships include general "im less" swimming at any time At any venue! One perk of many others, whilst becoming wiser about water! You can learn more	4pm	4r General Swim	m4	4rm 4	4 pm 4		4 m4		4pm
	on our website #PoolPower  • Pre-booking: We strongly advise booking your swimming	5pm	(4pm) General Swim	m Swim g Lessons	5pm Swim Suim	5 pm 5 Swim	om 5	ium	um	5pm
ES	sessions in advance to avoid potential disappointment.	6pm	(5pm) 68	m6	<del>ér</del> m d	Lessons	Swim <sub>om</sub> Lessons	pm 6	4pm	6pm
IMOPRTANT: OTHER NOTES	<ul> <li>Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions.</li> <li>Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)</li> </ul>	7pm	Lane Swim (6pm) Otters Swim Club	General Swim m (6.15pm) -	<sup>7pm</sup> Otters Swim Club	<sup>7 bm</sup> Lane Swim <sup>7</sup>	om7	fom	ʻpm	7pm
IMOPRTAN	Potential Changes:     Please be aware that our programme is subject     to change at the discretion of our Duty     Manager. Unfortuantely this is often for reasons	8pm	(Private Booking)	m Lane Swim (7.30pm)	— (Private Booking) βρπτ	(6.45pm) <b>Lane Swim</b> (7.45pm) (7.45pm) (9.100) (9.100 (9.100) (9.100 (9.100)			hm	8pm
	beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our <b>free</b> MV app!	9pm	91	m	9µm	9 m 9	9 9	9 9	700	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! Bookings can be made up to 7 days in advance. (To ensure everybody has the opportunity to attend our popular classes, we have limits in place): Please do not book over 3 Aquacise sessions per week.

All payments must be made at the time of booking.

Need to cancel a class booking? You must cancel at least 48 hours 🔲 Scan me! in advance in order to claim a refund.

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

Prices for Sw	/imming:				
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!



## Exercise Class Programme

#### Term Time 9<sup>th</sup> June - 20<sup>th</sup> July

		_	MONDAY	TUESDAY	WEDN	IESDAY	THURSDAY	FRI	DAY	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.	8am		0-m (	8am		<sup>m</sup> Tiny, but Mighty** 8am	* <sup>8</sup> 6m	<del>84m</del>		04m	8am
YOGA	Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am 10am	<b>Yoga**</b> 9.15am	Body Conditioning# 9.30am	Yom Yog 97	za** am	Aquacise~ 9.45am	#	10ar	n	10am	9am 10am
BOXERCISE	Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	11am —		Aquacise- 10.45am	#		Core & Stretch# 10.30am	11am	11ar *Ageless &	n	<u>11</u> am	11am
CIRCUITS	Circuits: Circuit training combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen	12pm	Aquacise~ 11.45am	12 pm 1		12 A <b>cise~</b> 2pm 1x	nm	Aquacise~ 11.30am	Agile 10am-2pm	Aquacise~ 11.30am	1mm	12pm
BODY COND.	exercises have been completed. Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	2pm —		20m	2pm	2	m		2pm		2 m	2pm
BOXING CIRC.	Boxing Circuits: (Juniors 14yrs+ are allowed) Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!	- 3pm —		3pm	3µm	3	m	_3µm	3pm	<u>, ,                                   </u>	3µm	3pm
CORE & ST.	Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	4pm		4.)m4	4pm	4	m	4pm	4pm	۰.	4m	4pm
ц	Ageless & Agile: It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new	5pm		50m	59m	5	m	_5pm	5µm 	ı	5gm	5pm
NGELESS & AGIL	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	6pm	Yoga* 6pm	60m	60m	6	m		Opm 6րա 	· · · · · · · · · · · · · · · · · · ·	6¢m	6pm
1	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.)	7pm		Zom Circuits# Zpm	Zom	7i	m	71 <sup>0</sup> m 6:30		۰. ۱	7µm	7pm
TINY BUT MIGHT	Tiny, But Mighty: It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Claires Yoga classes.	8pm 9pm		8pm - 5	8pm		m	- 8pm - 9pm			8µm 9µm	8pm 9pm
** - ~ - ] ★ -	his class takes place at West Ashby Village Hall This class takes place at the Horncastle Communit This class takes place in the Swimming Pool This session takes place at Ancaster Court, LN9 6H This session takes place a Baumber Village Hall, LN	IG	-				Download M	lagna Vitae's		Arres Join Now		
	You can book online and via about our classes & activities, · Bookings can be made up to has the opportunity to attend place): Please do not book o · All payments must be made	scan the QR co o 7 days in adv our popular clo ver 3 Aquacise	ode to browse our website! ance. (To ensure everybody asses, we have limits in e sessions per week.	_	Non Members (General Public)	MV Card (Subscription Holder)	app for FREE	0	·	P     P	magnavitae.org 🌱	L
	Scan me! · Need to cancel a booking? advance in order to claim a na Vitae is a Registered Charity. Charity Number	refund.		45 minutes to 1 hour Council. Yoga/Pilates Classes		£6.25 £7.80	£5.45 £7.10	FREE! FREE!	Member Card Big	BINING Along Us	TRUST FOR LEISURE & C	<b>OTAE</b>

# Swimming Pool Programme

#### Holiday Programme | 21<sup>st</sup> - 27<sup>th</sup> July

Venue Opening Times | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

	_	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	_
Σ General Swim Session:	6am		n	6am	69m 6	6	am	am	6am
This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Lane Swim (6.30am) 7ar	n Lane Swim (6.30 <i>am</i> )	7am Lane Swim (6.30am)	7am Lane Swim 7. (6.30am) 7.	Im Lane Swim 7 (6.30am) 7	/		7am
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.	8am	Lane Swim 8ar (7.30am)	n <b>Lane Swim</b> (7.30am)	8am <b>Lane Swim</b> (7.30am)	8 am <b>Lane Swim</b> 8 (7.30am)	ım <b>Lane Swim</b> 8 (7.30am)	Lane Swim (7am)	Lane Swim (7.45am)	8am
Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim 9ar (8.30am)	n Lane Swim (8.30am)	9a <mark>m Lane Swim</mark> (8.30am)	9 am Lane Swim 9 (8.30am)	m Lane Swim 9 (8.30am)	om 9 Swim	Lane Swim (8.45am)	9am
<ul> <li>can suit a wide range of abilities/user groups.</li> <li>Quiet Swim:</li> <li>Quiet swim sessions have a limited number of</li> </ul>	-10am	General Swim 10a (9.30am)	m <b>Over 50's Swim</b> 1 (9.30am)	Oam General Swim 1 (9.30am)	<sup>10</sup> am <b>Aquacise</b> <sup>10</sup> (9.45am)	am General Swim 10 (9.30am)	Lessons Cam 10	Cam	10am
spaces per week. These sessions don't have any music playing and natural lighting rather than artifical lighting where possible. Our lifeguards will refrain from using whistles.	11am	General Swim 11a (10.30am)	m Aquacise <sup>1</sup> (10.45am)	11 am General Swim 1 (10.30am)	1 am 11 Ducklings Lessons	am Over 50's Swim 1: (10.30am)	lam 1	1am Family Fun Splash (10.45am)	11am
Over 50's Swim: General swimming for anyone aged 50 and	12pm	Aquacise 120 (11.45am)	m General Swim 1 (11.30am)	2 pm 1 Aquacise	Adult Lessons	pm (11.30 <i>am</i> ) 12	2pm Aquacise (11.30am) 12	2pm General Swim (11.45am)	12pm
over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	_ 1pm	1r	m General Swim	1pm General Swim	1 pm Adult Lessons 1	om <b>General Swim</b> 1 (12.30pm)	General Swim pm (12.15pm) 1	General Swim	1pm
Family Fun Splash: An open swimming session with floats! Come and make a splash It's suitable for all abilities	2pm	General Swim (1pm) 2pr	n 2	(12.45pm) 2pm General Swim	<b>Family Fun Splash</b> 2 pm (1.15pm) 2	om General Swim 2 (1.30pm)	General Swim	(12.45pm)	2pm
and great for some family bonding time! Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	- 3pm	Lane Swim 3p (2.30pm)	Staff Training	(1.45pm) 3r Lane Swim (2.45pm)	3 pm Lane Swim 3 (2.30pm)	pm Quiet Swim 3 (2.30pm)	Lane Swim (2.15pm) General Swim (2.15pm) 3	(1.45pm) Swim (1.45pm)	3pm
memberships include general <sup>37</sup> m Jess <sup>0</sup> 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	4pm	4n General Swim	n4	4cm -	4 m 4	um 4	om 4	um	4pm
• <b>Pre-booking:</b> We strongly advise booking your swimming	<sup>-</sup> 5pm	(4pm) 5p General Swim	n Swim Lessons	5pm Swim Lessons	5 pm 5 Swim	om 5 Swim	um 5	um	5pm
sessions in advance to avoid potential disappointment.	6pm	(5pm) 	n	<mark>6r</mark> m -	Lessons 6əm 6	om Lessons 6	9m6		6pm
<ul> <li>Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (<i>Steps</i> <i>cannot be used during Aquacise sessions.</i>)</li> <li>Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty.</li> </ul>	7pm	Lane Swim (6pm) Lana Swim	General Swim n (6.15pm)	General Swim 7 pm (6.15pm)	<sup>7 pm</sup> Lane Swim <sup>7</sup>	pm 7	ym7	om	7pm
Potential Changes:     Please be aware that our programme is subject to change at the discretion of our Duty     Manager. Unfortugntely this is often for reasons	8pm	Lane Swim <sup>(7pm)</sup> 8p	n Lane Swim (7.30pm)	8pm Lane Swim (7.30pm)	(6.45pm) <sup>8</sup> Cane Swim WB Club <sup>8</sup> (7.45pm) (7.45pm)		ρ	pm	8pm
beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm	9µ1	n	9µ11	9pm 9	9 111	9111 9		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! Bookings can be made up to 7 days in advance. (To ensure everybody has the opportunity to attend our popular classes, we have limits in

*place)*: Please do not book over 3 Aquacise sessions per week. All payments must be made at the time of booking.

Scan me! Need to cancel a class booking? You must cancel at least 48 hours in advance in order to claim a refund.

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

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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!			



# Exercise Class Programme

Holiday Programme | 21<sup>st</sup> - 27<sup>th</sup> July

			MONDAY	TUESDAY	WE	DNESDAY	THURSDAY	FRIE	DAY	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.	8am		84m			Tiny, but Mighty** 8am	8.m	8am		8am 8am	
YOGA	Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	- 9am 10am	<b>Yoga**</b> 9.15am	Body Conditio 9.30am		<b>Yoga**</b> 9am	Aquacise~ 9.45am		10am		<sup>9 cm</sup> 9 am 10 m 10 ai	
BOXERCISE	Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	11am —			Stretch# 30am		Core & Stretch# 10.30am	11am	11am *Ageless &		11am 11ai	m
CIRCUITS	<b>Circuits:</b> Circuit training combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen exercises have been completed.	12pm	Aquacise~ 11.45am	12 pm	12pmA	12 quacise~ 12pm 1	70m 9m	Aquacise~ 11.30am	Agile 10am-2pm 1µm	Aquacise~ 11.30am	12pi	
BODY COND.	Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for	- 2pm —		2pm	2nm	2	pm	_2pm	2pm		2rm 2pm	ı
BOXING CIRC.	Boxing Circuits: (Juniors 14yrs+ are allowed) Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!	3pm —		3	3nm	3	em	-3µm	3pm		3çm 3pm	ı
CORE & ST.	Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	4pm		4nm	4pm		۶m	4pm	4rm.		4ŗm4pm	1
щ	Ageless & Agile: It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new	5pm		59m	5pm	5	em	_5pm Boxer	5rm.		5rm5pm	1
GELESS & AGII	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	6pm	Yoga* 6pm	6pm Boxercises 6pm	6pm #	6	pm	Generation Strategy Circu	)pm 6ր <del>տ</del>		.6ŗm6pm	1
A	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.)	7pm		7 m Circuits# 7pm	7pm			-71 <sup>m</sup> 6:30			7, m7 pm	
IY BUT MIGHTY	Tiny, But Mighty: It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Clarger Yourg descent	8pm 9pm		8pm			em	-8pm			8pm 8pm	
** - ** -	that links in with Claires Yoga classes. This class takes place at West Ashby Village Hall This class takes place at the Horncastle Communit This class takes place in the Swimming Pool This session takes place at Ancaster Court, LN9 6F This session takes place a Baumber Village Hall, LN	y Centre					Download M	agna Vitae's	My Book	A a a a a a a a a a a a a a a a a a a a		-
	You can book online and via about our classes & activities, Bookings can be made up to has the opportunity to attend place): Please do not book o All payments must be made	scan the QR co o 7 days in adv our popular clo ver 3 Aquacise at the time of	ode to browse our website! ance. (To ensure everybody asses, we have limits in e sessions per week. booking.	_	Non Membe (General Publi		app for <b>FREE</b>		Hand State	Market Constant Const	magnavitae.org	
	Scan me! · Need to cancel a booking? advance in order to claim a		el at least 48 hours in	45 minutes t Yoga/Pilates		£6.25 £7.80	£5.45 £7.10	FREE!	Member Canf Blogs	News About Us	MAGNA VITA	Έ

# Swimming Pool Programme

#### Holiday Programme | 28<sup>th</sup> July - 3<sup>rd</sup> August

Venue Opening Times | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

	_	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	_
ξ General Swim Session:	6am		٦	6am	6am 6	am C	Sam C	am -	6am
This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Lane Swim (6.30am) 7ar	Lane Swim	7am Lane Swim (6.30am)	7 am Lane Swim 7 (6.30 <i>am</i> ) 7	am (6.30am)	7am 7 Lane Swim	'm	7am
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.	8am	Lane Swim 8a (7.30am)	Lane Swim (7.30am)	Bam Lane Swim (7.30am)	8 m <b>Lane Swim</b> 8 (7.30am)	۱m Lane Swim و (7.30am)	(7am)	km Lane Swim (7.45am)	8am
Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim 9 <sub>a</sub> r (8.30am)	n Lane Swim 9 (8.30am)	9a <mark>m Lane Swim</mark> (8.30am)	9 am Lane Swim 9 (8.30am)	am Lane Swim 9 (8.30am)	9 im 9 <b>Swim</b>	am Lane Swim (8.45am)	9am
<ul> <li>q can suit a wide range of abilities/user groups.</li> <li>Quiet Swim:</li> </ul>	10am	General Swim 10 (9.30am)	m Over 50's Swim 1 (9.30am)	oam General Swim (9.30am)	10 <sup>am</sup> Aquacise <sup>10</sup> (9.45am)	am <b>General Swim</b> 1 (9.30am)	Lessons Cam 1	Cam	10am
Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artifical lighting where possible. Our lifeguards will refrain from using whistles.	11am	General Swim 11 (10.30am)	m Aquacise <sup>1</sup> (10.45am)	1 am General Swim (10.30am)	11 am 11 Ducklings Lessons	am <b>Over 50's Swim</b> 1 (10.30 <i>am</i> )	1am 1	1 <sup>am</sup> Family Fun Splash (10.45am)	11am
	12pm	Aquacise <sup>12</sup>	m General Swim 1 (11.30am)	2 m	Adult Lessons	pm (11.30am) 1	2pm (11.30am) 1:	2 <sup>pm</sup> General Swim	12pm
over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	1pm	(11.45am) 1 pr	General Swim	Aquacise (12pm) <sup>1pm</sup> General Swim	Adult Lessons	om General Swim 1 (12.30pm)	General Swim	(11.45am) I <sup>ym</sup> General Swim	1pm
Family Fun Splash: An open swimming session with floats! Come	0	Family Fun Splash		(12.45pm)	Family Fun Splash	m General Swim	General Swim	(12.45pm)	0
and make a splash It's suitable for all abilities and great for some family bonding time!	2pm		Staff Training	General Swim (1.45pm)		(1.30pm)	General	Lane Swim (1.45pm) General Swim (1.45pm)	2pm
Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	3pm	Lane Swim 3pr (2.30pm)	n <u> </u>	ar Lane Swim (2.45pm)	3 pm Lane Swim 3 (2.30pm)	om <b>Quiet Swim</b> 3 (2.30pm)	(2.15pm) Swim	pm	3pm
memberships include general "In less" swimming at any time At any venue! One perk of many others, whilst becoming wiser about water! You can learn more	4pm	4n General Swim	<u>1</u>	4pm	4.pm4	am	4 m 4		4pm
on our website #PoolPower  • Pre-booking:	5pm	(4pm)	Swim Lessons	5µm Swim Lessons	5 m 5 Swim	pm 5	5.um5	pm	5pm
We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	6pm	General Swim <sup>(5pm)</sup>	n	Lessons Se	Lessons 6pm 6	Swim <sub>om</sub> Lessons	5pm6	pm	6pm
<ul> <li>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.)</li> <li>Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty.</li> </ul>	7pm	Lane Swim (6pm) Lana Swim	General Swim (6.15pm) -	General Swim 7µm (6.15pm)	<sup>7</sup> <sup>om</sup> Lane Swim <sup>7</sup>	om 7	79m7	om	7pm
Potential Changes:     Please be aware that our programme is subject to change at the discretion of our Duty Manager. Unfortuantely this is often for reasons	8pm -	Lane Swim <sup>(7pm)</sup> 8µ	h <b>Lane Swim</b> و (7.30pm)	Bpm Lane Swim (7.30pm)	(6.45pm) <sup>8</sup> Cane Swim WB Club <sup>8</sup> (7.45pm) (7.45pm)	этт <del>с</del>			8pm
beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm	9µ1	1 5	9µm	9pm 9	9m	9 9	2111	9pm



🗋) Scan me!

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! Bookings can be made up to 7 days in advance. (To ensure everybody has the opportunity to attend our popular classes, we have limits in

*place*): Please do not book over 3 Aquacise sessions per week. All payments must be made at the time of booking.

• Need to cancel a class booking? You must cancel at least 48 hours in advance in order to claim a refund.

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

Non Members	MV Card	MV Card with Concession	Aged	Under	Magna Vitae Member
(General Public)	(Subscription Holder)	(Subscription Holder)	2-4yrs	2yrs	(Membership Holder)
£5.85	£4.90	£4.45	£2.50	£1.00	



## Exercise Class Programme

#### Holiday Programme | 28<sup>th</sup> July - 3<sup>rd</sup> August

			MONDAY	TUESDAY	WEDN	NESDAY	THURSDAY	FRI	DAY	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.	8am		8am	8am		Tiny, but Mighty** 8am	8.m				8am
YOGA	Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am 10am	<b>Yoga**</b> 9.15am	Body Conditioning# 9.30am	- 0	ga** am	Aquacise~ 9.45am		10am	1		9am 10am
BOXERCISE	Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	11am		Aquacise~ 10.45am	#		Core & Stretch# 10.30am	11am	11am *Ageless &	n	11am	11am
CIRCUITS	Circuits: Circuit training combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of time. One 'circuit' is when all of the chosen	12pm	Aquacise~	2pm1		12 acise~ 2pm	nm	Aquacise~ 11.30am	∝ Agile 10am-2pm	Aquacise~ 11.30am		12pm 1pm
BODY COND.	exercises have been completed. <b>Body Conditioning:</b> Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	2pm		2.m	20m	2			2µm			2pm
BOXING CIRC.	Boxing Circuits: (Juniors 14yrs+ are allowed) Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!	3pm		3.pm	3pm	3		_3µm	3rm		3µm	3pm
CORE & ST.	Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	4pm		4pm	4pm	4	m	4pm	4 <sub>1</sub> m		4rm	4pm
щ	Ageless & Agile: It's accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new	5pm		59m	5vm	5	m	_5µm	5pm		5pm	5pm
SELESS & AGIL	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	6pm	Yoga* 6pm	69m Boxercise# 6pm	6pm	6p			rcise# Opm 6pm		6pm	6pm
AC	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.)	7pm		7pm Circuits# 7pm	7.em	7	m	-71 <sup>m</sup> 6:30	_			7pm
NY BUT MIGHTY	Tiny, But Mighty: It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Claires Yoga classes.	8pm 9pm		80m	8pm 20m		m	8pm 20m				8pm 9pm
** - ** -	This class takes place at West Ashby Village Hall This class takes place at the Horncastle Community This class takes place in the Swimming Pool This session takes place at Ancaster Court, LN9 6H This session takes place a Baumber Village Hall, LNS	G Centre					Download M	agna Vitae's	My Book	Grace		·
	You can book online and via about our classes & activities, Bookings can be made up to has the opportunity to attend place): Please do not book ou All payments must be made	scan the QR c 7 days in adv our popular cl ver 3 Aquacis at the time o	ode to browse our website! rance. (To ensure everybody asses, we have limits in e sessions per week. booking.		Non Members (General Public)	MV Card (Subscription Holder)	app for FREE		- And	Ara Indexes	magnavitae.org 🌱	,
	Scan me! · Need to cancel a booking? Y advance in order to claim a r	efund.	el at least 48 hours in	45 minutes to 1 hour Yoga/Pilates Classes		£6.25 £7.80	£5.45 £7.10	FREE! FREE!	Member Cant Blog	N/News About Us		IAE

# Swimming Pool Programme

#### Holiday Programme | 4<sup>th</sup> - 10<sup>th</sup> August

Venue Opening Times | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
ΣΘ	eneral Swim Session:	6am	<u>6</u> .	sm 6.	sm		șiin	64m	200	6am
z S	nis is an open swimming pool session. uitable for all abilities. Perfect opportunity for actice or a splash around with the family!	7am	Lane Swim (6.30am) 7	am <b>Lane Swim</b> 78 (6.30 <i>am</i> ) 78	am Lane Swim 7 (6.30am)	um Lane Swim 7 (6.30 <i>am</i> ) 7	am Lane Swim . (6.30am)		'om	7am
T (1)	ane Swim Session: ne swimming pool will be split into 4 lanes. wo slow lanes, one medium lane and one ist lane.) Lane etiquette and visual directions e situated at the end of the lanes.	8am	Lane Swim 8 (7.30am)	m <b>Lane Swim</b> 8; (7.30am)	m <b>Lane Swim</b> و (7.30 <i>am</i> )	am <b>Lane Swim</b> 8 (7.30 <i>am</i> )	am Lane Swim a (7.30am)	Lane Swim (7am) Born B	hm Lane Swim (7.45am)	8am
J ACIS	quacise: sing benefits of water resistance for a low npact cardio & muscle toning workout that	9am	Lane Swim 9 (8.30am)	am <b>Lane Swim</b> 9; (8.30 <i>am</i> )	am Lane Swim 9 (8.30am)	am Lane Swim 9 (8.30am)	am Lane Swim (8.30am)	9 im 9 Swim	am Lane Swim (8.45am)	9am
ہ × 0	n suit a wide range of abilities/user groups. uiet Swim: uiet swim sessions have a limited number of	10am	General Swim 10 (9.30am)	am <b>Over 50's Swim</b> 10 (9.30 <i>am</i> )	am <b>General Swim</b> 1 (9.30am)	C <sup>am</sup> Aquacise <sup>10</sup> (9.45am)	am <b>General Swim</b> <u>1</u> (9.30am)	Cam 14	Cam	10am
a si	baces per week. These sessions don't have ny music playing and natural lighting rather	11am	General Swim 11	am Aquacise <sup>11</sup>	Stage 1 & 2 Booster 1	1am 11	1am Over 50's Swim 1 (10.30am)	lam 1	<sup>1am</sup> Family Fun Splash	11am
li	an artifical lighting where possible. Our eguards will refrain from using whistles.		(10.30am)	(10.45am)	Stage 3 & 4 Booster	Ducklings Lessons	Aquacise	Aquacise	(10.45am)	
NS C	ver 50's Swim: eneral swimming for anyone aged 50 and ver. This session is suitable for all abilities -	12pm	Aquacise <sup>12</sup> (11.45am)	om <b>General Swim</b> 12 (11.30am)	Aquacise	2 pm 12 Adult Lessons	2pm (11.30am) 1	2pm (11.30am) 1:	2pm General Swim (11.45am)	12pm
A B	nd it's particularly great for meeting similar-aged cople, if you fancied something social!	1pm	1	m General Swim 11 (12.30pm)	(12pm) am 1	Adult Lessons	om <b>General Swim</b> (12.30pm)	General Swim	pm Concerned Studies	1pm
	amily Fun Splash: n open swimming session with floats! Come		Family Fun Splash	(12.300)11)	General Swim (12.45pm)	Family Fun Splash		General Swim	General Swim (12.45pm)	
li a	and make a splash It's suitable for all abilities and great for some family bonding time!	2pm		Pool Inflatable	General Swim (1.45pm)	.bm (1.15pm) 2	om <b>General Swim</b> (1.30pm)	2pm (1.15pm) 2	Lane Swim (1.45pm) General	2pm
	wim Lessons: ur WaterWise 'Learn to wim' programme! WaterWise emberships include general	3pm	Lane Swim 3 (2.30pm)	(2pm-3pm) m For ages 8+ 3 Must be able to swim 50m	m Since Swim (2.45pm)	om Lane Swim 3 (2.30pm)	om <b>Quiet Swim</b> (2.30pm)	Lane Swim Jom (2.15pm) General Swim (2.15pm) 3	(1.45pm) (1.45pm)	3pm
∑ S'	emberships <b>include general</b> <i>wim</i> lessorial <b>include general include general in</b>	4pm	4	m 4	im 4		pm4	4 m 4	pm	4pm
0 <b>2</b>	iser about water! You can learn more n our website #PoolPower	5pm	General Swim (4pm)	<sub>im</sub> Swim <sub>51</sub>	um Swim 5	om	om	5 om 5	um	5pm
V	Pre-booking: /e strongly advise booking your swimming essions in advance to avoid potential sappointment.		General Swim	Lessons	Lessons	Swim Lessons	Swim Lessons			
	Accessibility steps: vailable to use to aid entry into the	6pm	Lane Swim	General Swim	General Swim	opm o	əm — (	9 pm 6	pm	6pm
OTHEF 0	wimming pool during swimming sessions. ease ask at reception upon arrival. (Steps annot be used during Aquacise sessions.)	7pm	(6pm) – – – – – – – – – – – – – – – – – – –	m (6.15pm) 7	m (6.15pm) 7	<sup>om</sup> Lane Swim <sup>7</sup> (6.45pm)	om	7 pm 7	- pm	7pm
	Potential Changes: ease be aware that our programme is subject o change at the discretion of our Duty lanager. Unfortuantely this is often for reasons	8pm	(7pm)	m <b>Lane Swim</b> 81 (7.30pm)	m Lane Swim و (7.30pm) و	Lane Swim (7.45pm) (7.45pm) (7.45pm)	2111	3,mi8		8pm
b p	yond our control. For the most up-to-date rogrammes, view live the timetables on our ebsite Or download our free MV app!	9pm	9	m 9	m 9	pm 9	pm S	9 9 m 9	pm	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! Bookings can be made up to 7 days in advance. (To ensure everybody has the opportunity to attend our popular classes, we have limits in

*place*): Please do not book over 3 Aquacise sessions per week. <u>All payments must be made at the time of booking.</u>

Scan me! Need to cancel a class booking? You must cancel at least 48 hours in advance in order to claim a refund.

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

1 110000 101 01								
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!			



# Exercise Class Programme

#### Holiday Programme | 4<sup>th</sup> - 10<sup>th</sup> August

			MONDAY		TUESDAY	WEDN	IESDAY	THURSDAY	FRI	DAY	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.	8am 9am		8am	8	am		<sup>m</sup> Tiny, but Mighty** <sup>8am</sup>	Bern Odm	<del>8</del> 8m			Bam
YOGA	Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	10am	<b>Yoga**</b> 9.15am	Body	<b>Conditioning#</b> 9.30am		<b>ga**</b> am	Aquacise~ 9.45am		10an	·		9am L0am
BOXERCISE	Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	11am -		Aquac 10.45		t 		Core & Stretch# 10.30am	11am	*Ageless		11.pm 1	L1am
CIRCUITS	Circuits: Circuit training combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of	12pm	Aquacise~ 11.45am	12pm	1:		12 acise~ 2pm	nm	Aquacise~ 11.30am	Agile	Aquacise~ 11.30am	1	L2pm
COND.	time. One 'circuit' is when all of the chosen exercises have been completed. Body Conditioning: Aerobics warm up with muscle toning	1pm 2pm		1pm 2pm	1	pm	1	m	_1mm	1µm 21µm			Lpm 2pm
IG CIRC. BODY	exercises. A great class for those looking for muscle shaping away from the gym. Boxing Circuits: (Juniors 14yrs+ are allowed) Boxing Circuits is a high-energy workout	3pm		3pm	3	pm	3	m	_3µm	3µm			3pm
DRE & ST. BOXIN	mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered! Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	4pm		4øm	4	۰	4	m	-4pm	4ım		4nm 4	1pm
Ŭ	Ageless & Agile: It's accessible to all - But tailored for adults who may suffer with health conditions. Your	5pm		5pm	5	em		m	_5pm			5µm 5	ōpm
SELESS & AGILE	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	6pm	Yoga* 6pm	6pm E	Boxercise#	9m	6p	m	6pm 5:3	rcise# <sup>Opm 6µm</sup> uits#	· · · · ·	6rm 6	ópm
A	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.)	7pm		7pm	7 <b>Circuits#</b> 7pm	om	7p	m		Dpm 7pm			7pm
NY BUT MIGHTY	Tiny, But Mighty: It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Claires Yoga classes.	8pm 9pm		8pm		pm		m	8pm -20m				3pm 9pm
** - ** -	This class takes place at West Ashby Village Hall This class takes place at the Horncastle Communit This class takes place in the Swimming Pool This session takes place at Ancaster Court, LN9 6H This session takes place a Baumber Village Hall, LN	G	_		_					My Book	ines Join Now		-
	You can book online and via about our classes & activities, Bookings can be made up to has the opportunity to attend place): Please do not book or All payments must be made	scan the QR o 7 days in ad our popular c ver 3 Aquacis	ode to browse our website! vance. (To ensure everybody lasses, we have limits in e sessions per week.	_	Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	Download M app for FREE Download on App Store	0		Article Contraction Contractio	magnavitae.org	9
	Scan me! • Need to cancel a booking? N advance in order to claim a r		cel at least 48 hours in		45 minutes to 1 hour Yoga/Pilates Classes	£7.55 £9.55	£6.25 £7.80	£5.45 £7.10	FREE!	Member Card Blog	UNITIVE ACOULDS	MAGNA VIT	AE

# Swimming Pool Programme

#### Holiday Programme | 11<sup>th</sup> - 17<sup>th</sup> August

Venue Opening Times | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	_
ξ General Swim Session:	6am	Gan	٦	6am	6am 6	am (	Sam C	am	6am
This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Lane Swim (6.30am) 7an	Lane Swim	7am Lane Swim (6.30am)	7am Lane Swim 7 (6.30am) 7	am (6.30am)	7	'm	7am
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.	8am	Lane Swim 8an (7.30am)	Lane Swim (7.30am)	8am <b>Lane Swim</b> (7.30am)	8 am Lane Swim 8 (7.30 <i>am</i> )	m Lane Swim و (7.30am)	(7am)	hm Lane Swim (7.45am)	8am
Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim 9an (8.30am)	Lane Swim (8.30am)	9a <mark>m Lane Swim</mark> (8.30am)	9 am Lane Swim 9 (8.30am)	am Lane Swim (8.30am)	2 im 9 <b>Swim</b>	am Lane Swim (8.45am)	9am
<ul> <li>can suit a wide range of abilities/user groups.</li> <li>Quiet Swim:</li> </ul>	10am	General Swim 10a (9.30am)	m <b>Over 50's Swim</b> 1 (9.30am)	Oam General Swim (9.30am)	10 <sup>am</sup> Aquacise <sup>10</sup> (9.45am)	am <b>General Swim</b> 1 (9.30am)	Cam 10	Cam	10am
Quiet swim sessions have a limited number of spaces per week. These sessions don't have any music playing and natural lighting rather than artifical lighting where possible. Our lifeguards will refrain from using whistles.	11am	General Swim 11a (10.30am)	m Aquacise <sup>1</sup> (10.45am)	1 am General Swim (10.30am)	11am 11 Ducklings Lessons	1am <b>Over 50's Swim</b> 1 (10.30 <i>am</i> )	1am 1	<sup>1am</sup> Family Fun Splash (10.45am)	11am
	12pm	Aquacise <sup>12</sup> bi (11.45am)	m General Swim 1 (11.30am)	2 pm Aquacise	Adult Lessons	2pm (11.30am) 1	2pm (11.30am) 1	2 <sup>pm</sup> General Swim	12pm
over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	1pm	(11.4 <i>3am)</i> 1rn	General Swim	1µm General Swim	Adult Lessons	om <b>General Swim</b> ( (12.30pm)	General Swim	(11.45am) I <sup>ym</sup> General Swim	1pm
Family Fun Splash: An open swimming session with floats! Come	2pm	Family Fun Splash (1pm) 2rn	n 2	(12.45pm)	Family Fun Splash	om General Swim	General Swim	(12.45pm)	2pm
and make a splash It's suitable for all abilities and great for some family bonding time!	2pm		Staff Training	General Swim (1.45pm)		(1.30pm)	Long Swim General	Lane Swim (1.45pm) General Swim (1.45pm)	zpiii
Swim Lessons: Our Water/Wise 'Learn to Swim' programme! Water/Wise memberships include general	3pm	Lane Swim 3p (2.30pm)	n <u> </u>	3r Lane Swim (2.45pm)	3 m Lane Swim 3 (2.30pm)	om <b>Quiet Swim</b> (2.30pm)	(2.15pm) Swim (2.15pm) 3	pm	3pm
memberships include general "m less" swimming at any time At any venue! One perk of many others, whilst becoming wiser about water! You can learn more	4pm	4rn	n4	4rm	4.1m 4	bm4	1 pm4		4pm
on our website #PoolPower     Pre-booking:	5pm	General Swim (4pm) 5pm	Swim	5pm Swim	5.0m 5	pm5	5 um		5pm
We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	6pm	General Swim (5pm)	Lessons	Lessons	Swim Lessons	Swim Lessons	5pm6	am	6pm
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.		Lane Swim (6pm)	General Swim	General Swim					
Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)	7pm	Lane Swim	n (6.15pm) - 7	7 <sub>F</sub> m (6.15pm)	7 bm Lane Swim 7 (6.45pm)	pm 7	7 pm 7	/pm	7pm
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	8pm	(7pm) 8p.n	n Lane Swim 8 (7.30pm)	Brm Lane Swim (7.30pm)	<sup>8</sup> Lane Swim WB Club <sup>8</sup> (7.45pm) (Private Booking)	pm	3pm 8		8pm
beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm	9µn	1 5	9µm	9 pm 9	pm 5	9 9	pm	9pm



🗋) Scan me!

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*place*): Please do not book over 3 Aquacise sessions per week. <u>All payments must be made at the time of booking.</u>

• Need to cancel a class booking? You must cancel at least 48 hours in advance in order to claim a refund.

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Non Members	MV Card	MV Card with Concession	Aged	Under	Magna Vitae Member	
(General Public)	(Subscription Holder)	(Subscription Holder)	2-4yrs	2yrs	(Membership Holder)	
£5.85	£4.90	£4.45	£2.50	£1.00		



# Exercise Class Programme

#### Holiday Programme | 11<sup>th</sup> - 17<sup>th</sup> August

			MONDAY		TUESDAY	WEDN	IESDAY	THURSDAY	FRI	DAY	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.	8am 9am		8am	8	am	8	<sup>m</sup> Tiny, but Mighty** <sup>8am</sup>	Bern Odm	<del>8</del> 4m		8am 8an	
YOGA	Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	10am	<b>Yoga**</b> 9.15am	Body	<b>Conditioning#</b> 9.30am		<b>ga**</b> am	Aquacise~ 9.45am		10an	n	.02m 9an 9an 10a	
BOXERCISE	Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	11am -		Aquac 10.45		t 		Core & Stretch# 10.30am	11am	11an *Ageless &	n	1 <sub>am</sub> 11a	im
CIRCUITS	Circuits: Circuit training combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of	12pm	Aquacise~ 11.45am	12pm	1:		12 acise~ 2pm	nm	Aquacise~ 11.30am	Agile	Aquacise~ 11.30am	12p	)m
COND.	time. One 'circuit' is when all of the chosen exercises have been completed. Body Conditioning: Aerobics warm up with muscle toning	1pm 2pm		1pm 2pm	1	pm	1	m	_1mm	1pm 2nm		1rm 1pr 2rm 2pr	
IG CIRC. BODY	exercises. A great class for those looking for muscle shaping away from the gym. Boxing Circuits: (Juniors 14yrs+ are allowed) Boxing Circuits is a high-energy workout	3pm		3pm	3	pm	3	m	_3µm	3pm		34m	
DRE & ST. BOXIN	mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered! Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	4pm		4øm	4	۰	4	m	-4mm			4.m	n
Ŭ	Ageless & Agile: It's accessible to all - But tailored for adults who may suffer with health conditions. Your	5pm		5pm	5	em		m	_5pm	5pm		5pm5pr	n
SELESS & AGILE	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	6pm	Yoga* 6pm	6pm E	Boxercise#	9m	6p	m	6pm 5:3	rcise# <sup>Opm 6µm</sup> uits#		<sub>6pm</sub> 6pr	n
A	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.)	7pm		7pm	7 <b>Circuits#</b> 7pm	om	7p	m		Opm 7µm		7pm 7pr	
NY BUT MIGHTY	Tiny, But Mighty: It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session that links in with Claires Yoga classes.	8pm 9pm		8pm		pm		m	8pm -20m			84 m	
** - ** -	This class takes place at West Ashby Village Hall This class takes place at the Horncastle Communit This class takes place in the Swimming Pool This session takes place at Ancaster Court, LN9 6H This session takes place a Baumber Village Hall, LN	G	_		_					My Boo	Kings Join Now		
	You can book online and via about our classes & activities, Bookings can be made up to has the opportunity to attend place): Please do not book or All payments must be made	scan the QR o 7 days in ad our popular c ver 3 Aquacis	ode to browse our website! vance. (To ensure everybody lasses, we have limits in e sessions per week.	_	Prices for Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	Download M app for FREE Download on App Store	0		Arriteria	magnavitae.org	
	Scan me! • Need to cancel a booking? N advance in order to claim a r	cel at least 48 hours in		45 minutes to 1 hour Yoga/Pilates Classes	£7.55 £9.55	£6.25 £7.80	£5.45 £7.10	FREE!	Member Card Blog	St/News Acout Ds	MAGNA VITA	١E	

### Swimming Pool Programme

#### Term Time | 18<sup>th</sup> - 24<sup>th</sup> August

Venue Opening Times | Monday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3pm)

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	_
Σ	General Swim Session:	6am		6a 6a	m 6			5am	6.m	6am
GEN. SWI	This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Lane Swim (6.30am) 78	m <b>Lane Swim</b> 7a (6.30am) 7a	m Lane Swim 7 (6.30am) 7	am Lane Swim 7 am Lane Swim (6.30am)		/am	7 m	7am
LANE SWIM	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.	8am	Lane Swim 8; (7.30am)	m <b>Lane Swim</b> 82 (7.30am)	m Lane Swim <sub>8</sub> (7.30am)	am <b>Lane Swim</b> 8 (7.30 <i>am</i> )	am <b>Lane Swim</b> 8 (7.30am)	Lane Swim (7am)	<sup>8</sup> im Lane Swim (7.45am)	8am
QUACISE	Aquacise: Using benefits of water resistance for a low impact cardio & muscle toning workout that	9am	Lane Swim 9; (8.30am)	m Lane Swim 9a (8.30am)	m Lane Swim 9 (8.30am)	am Lane Swim 9 (8.30am)	am Lane Swim 9 (8.30am)	Swim	9.m Lane Swim (8.45am)	9am
M	can suit a wide range of abilities/user groups.	10am	General Swim 10 (9.30am)	am <b>Over 50's Swim</b> 10 (9.30am)	am <b>General Swim</b> 10 (9.30am)	<sup>am</sup> <b>Aquacise</b> <sup>10</sup> (9.45am)	am <b>General Swim</b> 11 (9.30am)	Cam	10am	10am
ILET SWI	spaces per week. These sessions don't have	11am	General Swim 11	<sup>am</sup> Aquacise <sup>11</sup>	Deep Water Confidence	am 11	am Over 50's Swim 1	1am :	11am Escuthe Escuthe I	11am
ð	than artifical lighting where possible. Our lifeguards will refrain from using whistles.		(10.30am)	(10.45am)	Distance Badge Session	Ducklings Lessons	(10.30am)		Family Fun Splash (10.45am)	
SWIM	<b>Over 50's Swim:</b> General swimming for anyone aged 50 and over. This session is suitable for all abilities - And it's particularly great for meeting similar-aged people, if you fancied something social!	12pm	Aquacise <sup>12</sup>	om General Swim 12 (11.30am)	Aquacise	pm 12 Adult Lessons	pm (11.30am) 1:	2pm (11.30am)	General Swim	12pm
FUN OVER 50's		1pm	(11.45am) 1	m General Swim 1r (12.30pm)	(12pm) m General Swim	Adult Lessons	om General Swim 1 (12.30pm)	General Swim (12.15pm)	(11.45am) 10m General Swim	1pm
	Family Fun Splash: An open swimming session with floats! Come		Family Fun Splash (1pm)		(12.45pm)	Family Fun Splash		General Swim	(12.45pm)	
FAMILY	and make a splash It's suitable for all abilities and great for some family bonding time!	2pm	2	m 2r Pool Inflatable	m 2 General Swim (1.45pm)	om (1.15pm) 2	om General Swim 2 (1.30pm)	20m (1.15pm)	2pm Lane Swim (1.45pm)	2pm
SNO	Swim Lessons: Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general	3pm	Lane Swim 3 (2.30pm)	(2pm-3pm) m For ages 8+ 3p Must be able to swim 50m	m 3 Lane Swim (2.45pm)	om Lane Swim 3 (2.30pm)	om <b>Quiet Swim</b> 3 (2.30pm)	Lane Swim Bom (2.15pm)	3pm	3pm
/IM LESS	memberships include general winn lesson swimming at any time At any venue! One perk of many others, whilst becoming	4pm	4	m 4r	m 4	um 4	om 4	Lom	4µm	4pm
SN	wiser about water! You can learn more on our website #PoolPower		General Swim (4pm)							
	• Pre-booking: We strongly advise booking your swimming	5pm	General Swim	<sub>m</sub> Swim <sub>5µ</sub> Lessons	m Swim 5 Lessons	om 5. <b>Swim</b>	om 5		5µm	5pm
	sessions in advance to avoid potential disappointment.	6pm	(5pm)	im fr	m 6	Lessons	Swim Lessons	am	60m	6pm
MOPRTANT: OTHER NOTES	Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions.		Lane Swim	General Swim	General Swim					
NT: OT	Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.)	7pm	Lane Swim	m (0.1 <i>5pm)</i> 7 <sub>p</sub>	m (0.1 <i>3pm)</i> 7	<sup>om</sup> Lane Swim <sup>7</sup> (6.45pm)	om 7	<sup>7</sup> <del>om</del>	7pm	7pm
IMOPRT/	• Potential Changes: Please be aware that our programme is subject to change at the discretion of our Duty	8pm	(7pm)		m <b>Lane Swim</b> 8 (7.30pm)	Lane Swim WB Club <sup>8</sup>		Эртп	8pm	8pm
l L	Manager. Unfortuantely this is often for reasons beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm	9	m 9r	m 9	(7.45pm) (Private Booking)	9 9	pm	9pm	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! • Bookings can be made up to 7 days in advance. (To ensure everybody has the opportunity to attend our popular classes, we have limits in place): Please do not book over 3 Aquacise sessions per week.

· All payments must be made at the time of booking.

e! • Need to cancel a class booking? You must cancel at least 48 hours in advance in order to claim a refund.

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

111663 101 54						
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!	



## Exercise Class Programme

#### Term Time | 18<sup>th</sup> - 24<sup>th</sup> August

		_	MONDAY	TUESDAY	WEDN	ESDAY	THURSDAY	FRID	DAY	SATURDAY	SUNDAY	_
Usi imp	uacise: ng benefits of water resistance for a low nact cardio & muscle toning workout that suit a wide range of abilities/user groups.	8am		0 m	<del>0am</del>		<sup>m</sup> Tiny, but Mighty** <sub>8am</sub>	<del>Bam</del>			8am	8am
Yog A p stre pos		9am 10am	<b>Yoga**</b> 9.15am	9 m Body Conditioning# 9.30am	99 <sup>m</sup> Yog 9a		m Aquacise~ 9.45am Boxing Circuits# 9.30am	9đm	10am		93m 10am	9am 10am
Con	xercise: ercise is a fun, high-energy workout nbining boxing moves with cardio to rove fitness, strength, and coordination.	11am —		Aquacise~ 10.45am			Core & Stretch# 10.30am	11am Aquacise~	<sup>11am</sup> *Ageless &	Aguacise~	<u>11</u> am	11am
Circ rest nur tim	cuits: cuit training combines exercises with short periods between them, for either a set nber of repetitions or for a set amount of e. One 'circuit' is when all of the chosen rcises have been completed.	12pm	Aquacise~ 11.45am	12 pm 1	2pm Aqua 12	12 pm 12	nm	11.30am	Agile 10am-2pm 1jum-	Aquacise~ 11.30am	1çm	12pm 1pm
Ö Aer	dy Conditioning: obics warm up with muscle toning rcises. A great class for those looking for scle shaping away from the gym.	2pm —		2 m	2pm	2		2µm	2rm_		2rm	2pm
Box Box Box Box Box	ting Circuits: (Juniors 14yrs+ are allowed) ing Circuits is a high-energy workout ing boxing drills, strength and cardio. eat, burn calories and feel empowered!	3pm		30m	3pm	31	m	-3µm	3pm.		3rm	3pm
🚆 A fl	re & Stretch: oor-based class working the whole body. etch, strength, coordination and relaxation!	4pm		4 m	4pm	4;		4nm	4r.m.		4µm	4pm
lt's wh	eless & Agile: accessible to all - But tailored for adults o may suffer with health conditions. Your ekly social and opportunity to meet new	5pm		5pm	5pm	5	im	-5µm Boxer	5rm_		5µm	5pm
and Sine.	ple! With lots of activities, exercises and lth & wellbeing advice, expect activities I games like: Boccia, crafts, group events sports days), nostalgic games, seated	6pm	Yoga* 6pm	6 pm Boxercise# 6 pm	6pm	6ţ		- Gircu	pm 6pm		6pm	6pm
<ul> <li>▲ exe</li> <li>hea</li> <li>dial</li> </ul>	rcises, quizzes And even discussing Ith awareness topics like dementia and betes! <b>Ageless &amp; Agile is FREE for MV</b> <b>mbers</b> (Or only £3.00 per session.)	7pm		7 pm Circuits# 7 pm	7nm	7 <sub>1</sub>		71 <sup>m</sup> 6:30			7pm	7pm
₩ It's	y, But Mighty: a celebration of the power of the small scle groups and how they help to promote ngth. It's an additional support session	8pm —		8pm	8pm	8	m	-8pm		· · · · · ·	8pm	8pm
<ul> <li>tha</li> <li>This classing</li> <li>This classing</li> <li>This classing</li> <li>This classing</li> <li>This side</li> </ul>	high its an additional support session tlinks in with Claires Yoga classes. ass takes place at West Ashby Village Hall lass takes place at the Horncastle Communit ass takes place in the Swimming Pool ession takes place at Ancaster Court, LN9 6H ession takes place a Baumber Village Hall, LN	G		29m	29m		m Download M			Join Nuy	21 m	9pm
	You can book online and via about our classes & activities, Bookings can be made up to has the opportunity to attend place): Please do not book ov All payments must be made Need to cancel a booking? advance in order to claim a l	scan the QR co 7 days in adva our popular cla ver 3 Aquacise at the time of ou must cance	de to browse our website! ance. (To ensure everybody sses, we have limits in sessions per week. booking.	Prices for Exercise Classes: 45 minutes to 1 hour		MV Card (Subscription Holder) £6.25	(Subscription Holder) £5.45	Download on Google play Magna Vitae Membe (Membership Holder) FREE!	Fitness Sm The second	and Montanta Conception Conc	magnavitae.org	TAE
Magna Vi	tae is a Registered Charity. Charity Number	1160156. A Pai	tner to East Lindsey Distric	t Council. Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!		17/1	TRUST FOR LEISURE &	CULTURE

# Swimming Pool Programme

#### Holiday Programme | 25<sup>th</sup> - 31<sup>st</sup> August

Venue Opening Times | Bank Holiday Monday: 7.45am-1pm | Tuesday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	closes <u>SUNDAY</u>	at 3pm)
General Swim Session:	6am		m 6	íam	61m 6.	am (	64m 6	2 m	6am
This is an open swimming pool session. Suitable for all abilities. Perfect opportunity for practice or a splash around with the family!	7am	Opening Times: 7:45am-1:00pm <sup>7</sup> व	m Lane Swim 7 (6.30 <i>am</i> ) 7	7am Lane Swim (6.30am)	7 ∎m <b>Lane Swim</b> 7. (6.30 <i>am</i> ) 7.	am Lane Swim	7. <del>m 7</del>		7am
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.	8am	Lane Swim (7.45am)	m Lane Swim <sub>8</sub> (7.30am)	am Lane Swim (7.30am)	8 am <b>Lane Swim</b> 8 (7.30 <i>am</i> )	am Lane Swim g (7.30am)	Lane Swim (7am) 8 m 8	im Lane Swim (7.45am)	8am
Aquacise: Using benefits of water resistance for a low propact cardio & muscle toning workout that	9am	9a Lane Swim (8.45am)	m Lane Swim 9 (8.30am)	Pa <mark>m Lane Swim</mark> (8.30am)	9 am Lane Swim 9 (8.30am)	im Lane Swim 9 (8.30am)	9 am 9 Swim	am Lane Swim (8.45am)	9am
<ul> <li>can suit a wide range of abilities/user groups.</li> <li>Quiet Swim:</li> <li>Quiet swim sessions have a limited number of</li> </ul>	10am	10 Lane Swim (9.45am)	am Over 50's Swim 10 (9.30am)	0am General Swim 1 (9.30am)	<sup>10</sup> am <b>Aquacise</b> <sup>10</sup> (9.45am)			Cam	10am
spaces per week. These sessions don't have	11am	11 General Swim (10.45am)	am <b>Aquacise</b> 1: (10.45am)	1 am General Swim 1 (10.30am)	Ducklings Lessons	am Over 50's Swim 1 (10.30 <i>am</i> )	1am 1:	1am Family Fun Splash (10.45am)	11am
Over 50's Swim: General swimming for anyone aged 50 and	12pm	General Swim	om General Swim 12 (11.30am)	2 pm1 Aquacise	Adult Lessons	pm (11.30am) 1	2pm Aquacise 12 (11.30am) 12	<sup>2pm</sup> General Swim	12pm
<ul> <li>over. This session is suitable for all abilities -</li> <li>And it's particularly great for meeting similar-aged people, if you fancied something social!</li> </ul>	1pm	(11.45am) 1 r	m General Swim 1 (12.30pm)	(12 <i>pm</i> )	Adult Lessons	om General Swim 1 (12.30pm)	General Swim	(11.45am)	1pm
Family Fun Splash: An open swimming session with floats! Come	200	0,	(12.30pm)	General Swim (12.45pm)	Family Fun Splash	General Swim	General Swim	General Swim (12.45pm)	0
and make a splash It's suitable for all abilities and great for some family bonding time!	2pm	2	Staff Training	General Swim (1.45pm)		(1.30pm)	2pm (1.15pm) 2 Lane Swim General	Lane Swim (1.45pm) General Swim (1.45pm)	2pm
Swim Lessons: Our WaterWise 'Learn to Swim 'programme! WaterWise memberships include general	3pm	3r	m (2pm-3pm) 3	The second se (2.45pm)	3pm Lane Swim 3 (2.30pm)	om <b>Quiet Swim</b> 3 (2.30 <i>pm</i> )	3 pm (2.15pm) (2.15pm) 3	pm	3pm
<ul> <li>swimming at any time At any venue!</li> <li>One perk of many others, whilst becoming wiser about water! You can learn more</li> </ul>	4pm	4r	m4		4 pm 4	pm2	4 um 4	em	4pm
on our website #PoolPower  • Pre-booking: We strongly advise booking your swimming	5pm	5r	m <mark>Swim</mark> 5 Lessons	ipm Swim Lessons	5 m 5 Swim	om 5	5 m 5		5pm
sessions in advance to avoid potential disappointment.	6pm	6;	m6	in m	<mark>لا Lessons</mark> مەس و	Swim <sub>om</sub> Lessons	6.pm	pm	6pm
Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. ( <i>Steps</i> <i>cannot be used during Aquacise sessions.</i> )     Potential Changes: Please be aware that our programme is subject the discretion of our Dury	7pm		General Swim m (6.15pm) 7	General Swim /pm (6.15pm)	Z <sup>om</sup> Lane Swim <sup>7</sup>	om 7	7 <mark></mark>	pm	- 7pm
- to change at the discretion of our Duty	8pm		m <b>Lane Swim</b> 8 (7.30pm)	Bpm Lane Swim (7.30pm)	(6.45pm)	οmξ	80m <u>8</u> 0m 8		8pm
Manager. Unfortuantley this is often for reasons beyond our control. For the most up-to-date programmes, view live the timetables on our website Or download our free MV app!	9pm		m 9	γµm	9 pm 9	9m	9pm 9	pm	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! Bookings can be made up to 7 days in advance. (To ensure everybody

has the opportunity to attend our popular classes, we have limits in place): Please do not book over 3 Aquacise sessions per week. • All payments must be made at the time of booking.

Scan me! • Need to cancel a class booking? You must cancel at least 48 hours in advance in order to claim a refund.

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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!	



## Exercise Class Programme

#### Term Time | 25<sup>th</sup> - 31<sup>st</sup> August

Venue Opening Times | Bank Holiday Monday: 7.45am-1pm | Tuesday to Thursday: 6.30am-9pm | Friday: 6.30am-8pm | Saturday: 7am-3.30pm (Fitness Suite closes at 3pm) | Sunday: 8am-3.30pm (Fitness Suite closes at 3p

			MONDAY		TUESDAY	WEDN	NESDAY	THURSDAY	FRI	DAY	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.	8am	BANK HOLIDAY	Bam		am		<sup>m</sup> Tiny, but Mighty* <sub>8am</sub>	* <sup>8</sup> *m			8em	8am
YOGA	Yoga: A physical and mental exercise using stretching & breathing to help improve posture and core stability, whilst helping you relax and release stress.	9am 10am	Opening Times: 7:45am-1:00pm	Body	y <b>Conditioning#</b> 9.30am		ga** am	M Aquacise~ 9.45am	#	10am	1	10am	9am 10am
BOXERCISE	Boxercise: Boxercise is a fun, high-energy workout combining boxing moves with cardio to improve fitness, strength, and coordination.	11am		<b>Aquac</b> 10.45		¥.		Core & Stretch# 10.30am	11am	11am *Ageless &		11am	11am
CIRCUITS	Circuits: Circuit training combines exercises with short rest periods between them, for either a set number of repetitions or for a set amount of	12pm		2.pm	1:		12 acise~ 2pm	nm	Aquacise~ 11.30am	Agile 10am-2pm	Aquacise~ 11.30am		12pm
Ő	time. One 'circuit' is when all of the chosen exercises have been completed.	1pm	1	1pm	1	pm	1e	m	1,,m	1pm		1rm	1pm
BODY CON	Body Conditioning: Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.	2pm		2pm	2	'pm	2	m	2nm	2nm		2pm	2pm
BOXING CIRC.	Boxing Circuits: (Juniors 14yrs+ are allowed) Boxing Circuits is a high-energy workout mixing boxing drills, strength and cardio. Sweat, burn calories and feel empowered!	3pm		3pm	3		3	m	3pm	3pm		3pm	3pm
CORE & ST.	Core & Stretch: A floor-based class working the whole body. Stretch, strength, coordination and relaxation!	4pm		4pm	4	pm	4	m	4nm	4nm		4µm	4pm
	Ageless & Agile: It's accessible to all - But tailored for adults who may suffer with health conditions. Your	5pm		5pm	5		5 <sub>P</sub>	m	5µm	5pm		5 m	5pm
ELESS & AGILE	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	6pm		spm I	Boxercise#	9m		m	64 <sup>0</sup> m 5:3	<b>rcise#</b> <sup>Opm 6թm</sup>		6µm	6pm
AGI	(iii. apoils days, notangs, notang notangs, notangs, n	7pm		Zpm	7 Circuits# 7pm	'em	7	m		uits# <sub>Opm</sub> 7µm.		7pm	7pm
UT MIGHTY	Tiny, But Mighty: It's a celebration of the power of the small muscle groups and how they help to promote strength. It's an additional support session	8pm		3pm	8	ipm		m	8pm			8pm	8pm
* - 7	that links in with Claires Yoga classes.	9pm	Ç	2pm	9			m				9r/m	9pm
** - ~ - ` ★ -	This class takes place at the Horncastle Community This class takes place in the Swimming Pool This session takes place at Ancaster Court, LN9 6H This session takes place a Baumber Village Hall, LN9	G			_			Download M	lagna Vitae'	S My Book	ings Join Now		
	You can book online and via about our classes & activities, Bookings can be made up to has the opportunity to attend	scan the QR 7 days in a	dvance. (To ensure everybody		Prices for			app for FRE	0	·	internary internary		- 1
	place): Please do not book ov	ver 3 Aquac	ise sessions per week.		Exercise Classes:	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Memb (Membership Holder)	er Venue Suit	How and ormation	magnavitae.org	
	Scan me! • Need to cancel a booking? Y advance in order to claim a r	efund.	ncel at least 48 hours in	Council	45 minutes to 1 hour Yoga/Pilates Classes	£7.55 £9.55	£6.25 £7.80	£5.45 £7.10	FREE! FREE!	Member Cant Blogs	UNINS About Us		