


Venue Opening Times | Bank Holiday Monday: 8.30am to 5.30pm | Tuesday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

GENERAL	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Bank Holiday		General Swim		General Swim		General Swim		General Swim		Swim Lessons		Adult Only Swim	
LANESWIM	Open from 8.30am-5.30pm		General Swim		General Swim		General Swim		General Swim		Swim Lessons		Adult Only Swim	
AQUACISE			General Swim		General Swim		General Swim		General Swim		Swim Lessons		Adult Only Swim	
SLOW & STEADY	General Swim		Swim Lessons		General Swim		Breakfast Club Swim		General Swim		Swim Lessons		Adult Only Swim	
	General Swim		Breakfast Club Swim		General Swim		Family Fun Splash		General Swim		Swim Lessons		Adult Only Swim	
ADULT ONLY	Gentle Aquacise		Family Fun Splash		Slow & Steady Social Swim		General Swim		General Swim		Family Fun Splash		Family Fun Splash	
	Slow & Steady Social Swim		General Swim		Slow & Steady Social Swim		Aquacise		Family Fun Splash		General Swim		General Swim	
INCLUSIVE	Slow & Steady Social Swim		General Swim		Family Fun Splash		Family Fun Splash		Slow & Steady Social Swim		General Swim		General Swim	
	Family Fun Splash		General Swim		General Swim		General Swim		Family Fun Splash		General Swim		General Swim	
SUPPORTED	Family Fun Splash		Family Fun Splash		Inclusive Swim		General Swim		Aquacise		Family Fun Splash		Family Fun Splash	
	Family Fun Splash		General Swim		Supported Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	
GENTLE AQ	General Swim		Swim Lessons		General Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	
	General Swim		General Swim		General Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	
SCHOOL	General Swim		General Swim		General Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	
	General Swim		General Swim		General Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	
FAM FUN	General Swim		General Swim		General Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	
	General Swim		General Swim		General Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	
SWIM LESSONS	General Swim		General Swim		General Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	
	General Swim		General Swim		General Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	
IMPORTANT: OTHER NOTES	General Swim		General Swim		General Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	
	General Swim		General Swim		General Swim		Swim Lessons		General Swim		Family Fun Splash		Family Fun Splash	



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 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)
£5.65	£4.65	£4.25	£2.50	£1.00	FREE!

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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.)								
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.								
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!								
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.								
BODY C.	Body Conditioning**: In Engine Room Two An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!								
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!								
CORE/ST.	Core & Stretch**: In Engine Room Two Improve your posture, balance, mobility and stability through light exercises and stretching.								
CYCLE	Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!								
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!								
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!								
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!								
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.								
		6am	6am	6am	6am	6am	6am	6am	6am
		7am	7am	7am	7am	7am	7am	7am	7am
		8am	8am	8am	8am	8am	8am	8am	8am
		9am	9am	9am	9am	9am	9am	9am	9am
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		8pm	8pm	8pm	8pm	8pm	8pm	8pm	8pm
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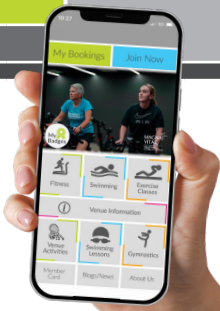
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Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council.

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	£5.65	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

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



Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
GENERAL	6am													6am	
	7am													7am	
LANE SWIM	8am													8am	
	9am													9am	
AQUACISE	10am													10am	
	11am													11am	
SLOW & STEADY	12pm													12pm	
	1pm													1pm	
ADULT ONLY	2pm													2pm	
	3pm													3pm	
INCLUSIVE	4pm													4pm	
	5pm													5pm	
SUPPORTED	6pm													6pm	
	7pm													7pm	
GENTLE AQ	8pm													8pm	
	9pm													9pm	
SCHOOL	10am													10am	
	11am													11am	
FAM FUN	12pm													12pm	
	1pm													1pm	
SWIM LESSONS	2pm													2pm	
	3pm													3pm	
OTHER NOTES	4pm													4pm	
	5pm													5pm	
	6pm													6pm	
	7pm													7pm	
	8pm													8pm	
	9pm													9pm	

General Swim Session:

This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!

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:

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 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)

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 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 Swim Session:

Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.

Gentle Aquacise:

Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)

School Swimming:

This session is used for local schools to learn the important, life-saving skill... Swimming!

Family Fun Splash:

An open swimming session with floats! It's suitable for all abilities & great for family bonding!

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

Pre-booking:

We strongly advise booking your swimming sessions in advance to avoid potential disappointment.

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

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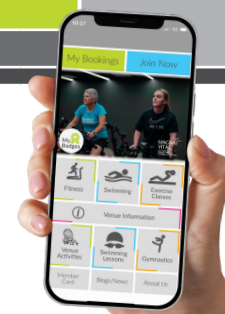


QR code to browse our website!

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45 minutes to 1 hour	£7.55	£6.25	£5.65	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

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Virtual Classes delivered by FIIT:

- 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!

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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!															
LANE SWIM	Lane Swim Session:		6am		6am		6am		6am		6am		6am		6am	
	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:		7am		7am		7am		7am		7am		7am		7am	
	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:		8am		8am		8am		8am		8am		8am		8am	
	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:		9am		9am		9am		9am		9am		9am		9am	
	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:		10am		10am		10am		10am		10am		10am		10am	
	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:		11am		11am		11am		11am		11am		11am		11am	
	Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.															
GENTLE AQ.	Gentle Aquacise:		12pm		12pm		12pm		12pm		12pm		12pm		12pm	
	Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)															
SCHOOL	School Swimming:		1pm		1pm		1pm		1pm		1pm		1pm		1pm	
	This session is used for local schools to learn the important, life-saving skill... Swimming!															
FAM FUN	Family Fun Splash:		2pm		2pm		2pm		2pm		2pm		2pm		2pm	
	An open swimming session with floats! It's suitable for all abilities & great for family bonding!															
SWIM LESSONS	Swim Lessons:		3pm		3pm		3pm		3pm		3pm		3pm		3pm	
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	Potential Changes:		5pm		5pm		5pm		5pm		5pm		5pm		5pm	
	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!															



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CYCLE	Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!								
BOXERCISE CL.	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!								
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: Bocca, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes!								
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!								
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.								

You can book online and via our free Magna Vitae app! Find out more about our classes & activities, scan the

- 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.

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	£5.65	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!

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

