

Holiday Programme | 4th - 10th August

magnavitae.org

MAGNA VITAE

TRUST FOR LEISURE & CULTURE

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

		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.)	6am	6am	6am	6am	6am	6am	6am	6am
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.	7am	7am	7am	7am	7am	7am	7am	7am
		Cardio Dumbbell**	YOGA**						
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!	8am	8am	8am	8am	8am	8am	8am	8am
		YOGA**		BIKE~		BIKE~			
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.	9am	9am	9am	9am	9am	9am	9am	9am
		BIKE~	BIKE~	YOGA**		Pilates**	YOGA**	YOGA**	
BODY C.	Body Conditioning**: In Engine Room Two An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!	10am	10am	10am	10am	10am	10am	10am	10am
		BodyWeight Strength**	Ageless*** & Agile	Cardio BodyWeight**	Cardio Dumbbell**	Breathwork**	BIKE~		
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!	11am	11am	11am	11am	11am	11am	11am	11am
		Pilates**	Cycle~	Zumba**		BIKE~		BodyWeight Strength**	
CORE/ST.	Core & Stretch**: In Engine Room Two Improve your posture, balance, mobility and stability through light exercises and stretching.	12pm	12pm	12pm	12pm	12pm	12pm	12pm	12pm
		YOGA**		Pilates**	Aquacise*	Core & Stretch**	Breathwork**	BIKE~	
CYCLE	Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!	1pm	1pm	1pm	1pm	1pm	1pm	1pm	1pm
		YOGA**	Breathwork**	BIKE~	BIKE~	Body Conditioning**	Strength Dumbbell**	Stretch & Mobility**	
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!	2pm	2pm	2pm	2pm	2pm	2pm	2pm	2pm
		BIKE~				Aquacise*	BIKE~	Pilates**	
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!	3pm	3pm	3pm	3pm	3pm	3pm	3pm	3pm
			BIKE~	BodyWeight Strength**	YOGA**		Cardio BodyWeight**	YOGA**	
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!	4pm	4pm	4pm	4pm	4pm	4pm	4pm	4pm
		Cardio BodyWeight**		Strength Dumbbell**		BIKE~			
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.	5pm	5pm	5pm	5pm	5pm	5pm	5pm	5pm
		Boxercise Circuits**	Circuits**						
		6pm	6pm	6pm	6pm	6pm	6pm	6pm	6pm
				Cycle~					
		7pm	7pm	7pm	7pm	7pm	7pm	7pm	7pm
		Body Conditioning**	Strong**	Body Conditioning**	Cardio BodyWeight**	Strength Dumbbell**			
		Cycle~	Aquacise*		BIKE~	Stretch & Mobility**			
		8pm	8pm	8pm	8pm	8pm	8pm	8pm	8pm
		YOGA**	Strength Dumbbell**	Core & Stretch**	Pilates**	BIKE~			
		9pm	9pm	9pm	9pm	9pm	9pm	9pm	9pm

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

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

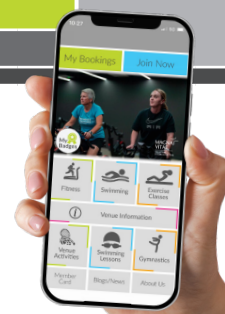


Download Magna Vitae's app for **FREE!** Be 'appy.



Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.65	FREE!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!



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.
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- BIKE** Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride!
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- STRETCH & MOBILITY** To improve mobility, flexibility & mental focus through stretch work.
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 Scan me!

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6am														
7am	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)				
8am	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)				
9am	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	Swim Lessons (Ducklings)		General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	Breakfast Club Swim (8.30am-9.30am)		General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	Swim Lessons	Adult Only Swim (8am-9am - 16yrs+)		
			Breakfast Club Swim (9am-10am)									Lane Swim (9am-10am)	Aquacise (9am-10am)	
10am	Lane Swim (9.30am-10.30am)		Holiday Activity & Food Programme (HAF) (10am-11am)		Aquacise (9.30am-10.30am)		Family Fun Splash (9.30am-10.30am)		General Swim (9.30am-10.30am)	Lane Swim (9.30am-10.30am)		Lane Swim (10am-11am)	General Swim (10am-11am)	Lane Swim (10am-11am)
11am	Gentle Aquacise (10.30am-11.30am)				Slow & Steady Social Swim (10.30am-11.30am)		General Swim (10.30am-11.30am)		Lane Swim (10.30am-11.30am)	General Swim (10.30am-11.30am)	Lane Swim (10.30am-11.30am)	Family Fun Splash (11am-12noon)		Family Fun Splash (11am-12noon)
12pm	Slow & Steady Social Swim (11.30am-12.30pm)				Slow & Steady Social Swim (11.30am-12.30pm)		Aquacise (11.30am-12.30pm)		Family Fun Splash (11.30am-12.30pm)		Family Fun Splash (11am-12noon)		Family Fun Splash (11am-12noon)	
1pm	Slow & Steady Social Swim (12.30pm-1.30pm)		General Swim (12noon-1pm)		Family Fun Splash (12.30pm-1.30pm)				Slow & Steady Social Swim (12.30pm-1.30pm)		General Swim (12 noon-1pm)		General Swim (12 noon-1pm)	Lane Swim (12pm-1pm)
2pm	Family Fun Splash (1.30pm-2.30pm)		General Swim (1pm-2pm)		General Swim (1.30pm-2.30pm)		Family Fun Splash (1pm-2pm)				General Swim (1pm-2pm)		General Swim (1pm-2pm)	Lane Swim (1pm-2pm)
3pm			Family Fun Splash (2pm-3pm)		Inclusive Swim (2.30pm-3.30pm)		General Swim (2pm-3pm)		Lane Swim (2pm-3pm)	Aquacise (2pm-3pm)		Family Fun Splash (2pm-3pm)		Family Fun Splash (2pm-3pm)
4pm	Family Fun Splash (3pm-4pm)		General Swim (3pm-4pm)		Supported Swim (3.30pm-4.30pm)		General Swim (3pm-4pm)		Lane Swim (3pm-4pm)	General Swim (3pm-4pm)	Lane Swim (3pm-4pm)	Inclusive Swim (3pm-4pm)		General Swim (3pm-4pm)
5pm	General Swim (4pm-5pm)	Lane Swim (4pm-5pm)	Swim Lessons		General Swim (4pm-5pm)		Swim Lessons (Ducklings)							
	General Swim (5pm-6pm)	Lane Swim (5pm-6pm)			General Swim (4.30pm-5.30pm)		Lane Swim (5.30pm)		Family Fun Splash (5pm-6pm)					
6pm	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)	Inclusive Swim (6pm-7pm)		Swim Lessons (Adult Lessons)		Lane Swim (6pm-7pm)	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)			
7pm	Aquacise (7pm-8pm)		Adult Only Swim (7pm-8pm - 16yrs+)		Adult Only Swim (7pm-8pm - 16yrs+)		General Swim (7pm-8pm)		Lane Swim (7pm-8pm)	Adult Only Swim (7pm-8pm - 16yrs+)				
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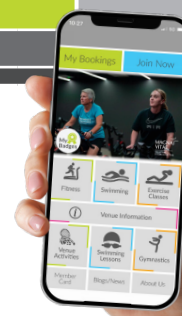


QR code to browse our website!

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GENERAL	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	General Swim Session: This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!		General Swim		General Swim		General Swim		General Swim		General Swim		General Swim	
LANESWIM	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.		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	
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.		Aquacise		Aquacise		Aquacise		Aquacise		Aquacise		Aquacise	
SLOW & STEADY	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)		Slow & Steady Social Swim		Slow & Steady Social Swim		Slow & Steady Social Swim		Slow & Steady Social Swim		Slow & Steady Social Swim		Slow & Steady Social Swim	
ADULT ONLY	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.		Adults Only Swim		Adults Only Swim		Adults Only Swim		Adults Only Swim		Adults Only Swim		Adults Only Swim	
INCLUSIVE	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.		Inclusive Swim		Inclusive Swim		Inclusive Swim		Inclusive Swim		Inclusive Swim		Inclusive Swim	
SUPPORTED	Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.		Supported Swim		Supported Swim		Supported Swim		Supported Swim		Supported Swim		Supported Swim	
GENTLE AQ	Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)		Gentle Aquacise		Gentle Aquacise		Gentle Aquacise		Gentle Aquacise		Gentle Aquacise		Gentle Aquacise	
SCHOOL	School Swimming: This session is used for local schools to learn the important, life-saving skill... Swimming!		School Swimming		School Swimming		School Swimming		School Swimming		School Swimming		School Swimming	
FAM FUN	Family Fun Splash: An open swimming session with floats! It's suitable for all abilities & great for family bonding!		Family Fun Splash		Family Fun Splash		Family Fun Splash		Family Fun Splash		Family Fun Splash		Family Fun Splash	
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! You can learn more on our website... #PoolPower swim lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons		Swim Lessons	
IMPORTANT: OTHER NOTES	Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. 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 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!		Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. 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 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!		Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. 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 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!		Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. 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 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!		Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. 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 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!		Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. 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 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!		Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. 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 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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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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