

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Holiday Programme | 18th - 24th August

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SP	Small Pirate Ship Pool: Temperature: 32 degrees						
MAIN POOL	Main Pool: Length: 25m Amount of lanes: 8 Temperature: 29 degrees						
AQUACISE*	Aquacise (45 minutes): Sessions start 5 minutes into a time block. i.e. Aquacise on Monday's 10:05am-10:50am.						
INCLUSIVE SWIM	Inclusive Swim: This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.						
SWIM LESSONS	Swim Lessons:  Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! Learn more on our website... #PoolPower						
IMPORTANT: OTHER NOTES	- Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment. Note that swimming sessions are not transferable, nor refundable. - Accessibility steps: Available to use to aid entry into the swimming pool during swimming sessions. Please ask at reception upon arrival. (Steps cannot be used during Aquacise sessions.) - Quieter Sessions: Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music = 🤫) - 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!						
6am	SP 6am MAIN POOL Lane Swim 6.15am-9am	SP 6am MAIN POOL Louth Swim Club	SP 6am MAIN POOL Louth Swim Club	SP 6am MAIN POOL Louth Swim Club	SP 6am MAIN POOL Lane Swim 6.15am-9am	SP 6am MAIN POOL	SP 6am MAIN POOL
7am	7am Louth Swim Club	7am Louth Swim Club	7am Louth Swim Club	7am Louth Swim Club	7am Lane Swim 6.15am-9am	7am Louth Swim Club	7am Lane Swim 7.30am-5 lanes
8am	8am Lane Swim 6.15am-9am	8am Lane Swim 7am-9am	8am Lane Swim 7am-9am	8am Lane Swim 7am-9am	8am Lane Swim 6.15am-9am	8am Louth Swim Club	8am Lane Swim 7.30am-5 lanes
9am	9am General Swim	9am Crash Course	9am Crash Course	9am Crash Course	9am General Swim	9am Swim Lessons	9am General Swim
10am	10am Swim Lessons	10am General Swim	10am Swim Lessons	10am General Swim	10am Swim Lessons	10am General Swim	10am Swim Lessons
11am	11am Aquacise* 10.05-10.50am	11am General Swim	11am Swim Lessons	11am General Swim	11am Aquacise* 10.05-10.50am	11am Swim Lessons	11am General Swim
12pm	12pm Swim Lessons	12pm Swim Lessons	12pm Swim Lessons	12pm Swim Lessons	12pm Swim Lessons	12pm General Swim	12pm General Swim
1pm	1pm HAF Programme	1pm Aquacise* 12.15pm - 1pm	1pm Aquacise* 12.15-1pm	1pm Over 50's 12pm	1pm HAF Programme	1pm General Swim	1pm General Swim
2pm	2pm Small Pirate Pool	2pm Family Fun Splash	2pm Small Pirate Pool	2pm Family Fun Splash	2pm Small Pirate Pool	2pm Family Fun Splash	2pm Family Fun Splash
3pm	3pm Family Fun Splash	3pm General Swim	3pm General Swim	3pm General Swim	3pm General Swim	3pm General Swim	3pm General Swim
4pm	4pm General Swim	4pm General Swim	4pm General Swim	4pm Inclusive Swim	4pm General Swim	4pm General Swim	4pm General Swim
5pm	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm Swim Lessons	5pm General Swim	5pm General Swim
6pm	6pm General Swim	6pm Swim Lessons	6pm Swim Lessons	6pm Swim Lessons	6pm Swim Lessons	6pm General Swim	6pm Louth Swim Club
7pm	7pm General Swim	7pm Louth Swim Club	7pm Louth Swim Club	7pm Louth Swim Club	7pm Louth Swim Club	7pm General Swim	7pm Louth Swim Club
8pm	8pm WB Club	8pm General Swim	8pm Tri Club	8pm Lane Swim	8pm Lane Swim	8pm General Swim	8pm Louth Swim Club
9pm	9pm WB Club	9pm General Swim	9pm Tri Club	9pm Lane Swim	9pm Lane Swim	9pm General Swim	9pm Louth Swim Club

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

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

Flume Opening times
(Monday-Friday)
• Weekdays: 10.00am-4.00pm
• Saturday: 10am-3.30pm
• Sunday: 10.00am-3.00pm

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Meridian Leisure Centre

Wellness Studio Programme

Holiday Programme | 18th - 24th August

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES							
YOGA							
WHOLE BODY EXERCISE**							
BALANCE & MOBILITY PILATES							
WELLNESS HOUR							
SEATED EXERCISES							
LBT							
AGELESS & AGILE** (HELD IN MULTI-PURPOSE ROOM)							
6am	6am	6am	6am	6am	6am	6am	6am
7am	Wellness Hour				Wellness Hour		
8am		Wellness Hour					
9am							
10am	Pilates	Pilates	Balance & Mobility Pilates				Wellness Hour
11am			Pilates		Pilates	Wellness Hour	
12pm		Yoga	Whole Body Exercise**		Pilates		
1pm							
2pm				Ageless & Agile**	Seated Exercises**		
3pm							
4pm							
5pm							
6pm	Yoga	Yoga	Pilates	Yoga			
7pm	Yoga	Pilates		Wellness Hour			
8pm			Wellness Hour		Wellness Hour		
9pm							



KEY:
** = This class is held in the Multi-Purpose Room

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

- Bookings can be made up to 7 days in advance.
- All payments must be made at the time of booking.
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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!

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

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

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

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

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

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

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

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Scan me!

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45 minutes to 1 hour	£7.55	£6.25	£5.65	FREE!
Virtual Classes (60min)	£3.85	£3.20	£2.80	FREE!
Virtual Classes (30min)	£3.20	£2.65	£2.40	FREE!

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Meridian Leisure Centre

Dance Studio Programme

Holiday Programme | 18th - 24th August

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

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

Virtual Exercise Classes:

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

- Bookings can be made up to 7 days in advance.
- All payments must be made at the time of booking.
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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	£3.85	£3.20	£2.80	FREE!

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

Meridian Leisure Centre

Sports Hall Programme

Holiday Programme | **18th - 24th August**

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OVER 45's Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!	7am	7am	7am	7am	7am	7am	7am
MY GYMNASTICS Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNdamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We've incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work. <i>(Fun & social!)</i>	8am	8am	8am	8am	8am	8am	8am
LOUTH BADMINTON CLUB A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! <i>You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.</i>	9am	9am	9am	9am	9am	9am	9am
SOCIAL WALKING NETBALL Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! <i>(Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.</i>	10am	10am	10am	10am	10am	10am	10am
WHEELCHAIR BASKETBALL LOUTH JAGUARS Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players, (the majority of the team), it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. <i>Welcome to people of all ages and abilities!</i>	11am	11am	11am	11am	11am	11am	11am
LOUTH NETBALL CLUB There are 4 sessions: 5:00-6:00pm: (Years 2-6); 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com	12pm	12pm	12pm	12pm	12pm	12pm	12pm
PICKLEBALL Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.	1pm	1pm	1pm	1pm	1pm	1pm	1pm
	2pm	2pm	2pm	2pm	2pm	2pm	2pm
	3pm	3pm	3pm	3pm	3pm	3pm	3pm
	4pm	4pm	4pm	4pm	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm	5pm	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

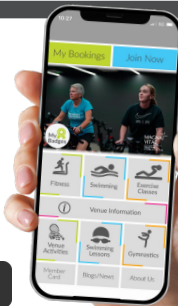
You can book online & via our app!
To find out prices & more for Sports
Hall activities, browse **our website**:

 Scan me!

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



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Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Holiday Programme | 25th - 31st August

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SP	Small Pirate Ship Pool: Temperature: 32 degrees	SP	SP	SP	SP	SP	SP
MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL	MAIN POOL
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
10am	10am	10am	10am	10am	10am	10am	10am
11am	11am	11am	11am	11am	11am	11am	11am
12pm	12pm	12pm	12pm	12pm	12pm	12pm	12pm
1pm	1pm	1pm	1pm	1pm	1pm	1pm	1pm
2pm	2pm	2pm	2pm	2pm	2pm	2pm	2pm
3pm	3pm	3pm	3pm	3pm	3pm	3pm	3pm
4pm	4pm	4pm	4pm	4pm	4pm	4pm	4pm
5pm	5pm	5pm	5pm	5pm	5pm	5pm	5pm
6pm	6pm	6pm	6pm	6pm	6pm	6pm	6pm
7pm	7pm	7pm	7pm	7pm	7pm	7pm	7pm
8pm	8pm	8pm	8pm	8pm	8pm	8pm	8pm
9pm	9pm	9pm	9pm	9pm	9pm	9pm	9pm

Small Pirate Ship Pool:
Temperature: 32 degrees

Main Pool:
Length: 25m
Amount of lanes: 8
Temperature: 29 degrees

Aquacise (45 minutes):
Sessions start 5 minutes into a time block. i.e. Aquacise on Monday's 10:05am-10:50am.

Inclusive Swim:
This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.

Swim Lessons:
Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time... At any venue! One perk of many others, whilst becoming wiser about water! Learn more on our website... #PoolPower

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Quieter Sessions:
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Potential Changes:
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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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PILATES

YOGA

WHOLE BODY EXERCISE**

BALANCE & MOBILITY PILATES

WELLNESS HOUR

SEATED EXERCISES

LBT

AGELESS & AGILE** (HELD IN MULTI-PURPOSE ROOM)

A combination of strength work & stretching that improves your overall posture and mobility. Feel the benefits on the muscles and around the spine.

Physical & mental exercises that use stretches and breathing to enhance posture and core stability. Aids feeling relaxed and releases stress.

This class uses natural body movements to enhance your posture and strengthen your core. Work major muscle groups, improves your co-ordination & better your balance! With this class, you are able to work at your own pace to a variation of rhythms. This class is suitable for all ages and abilities.

Elevate your balance, mobility, posture and stability with this thoughtfully crafted class. It seamlessly blends Pilates-inspired movements with stretches and gentle exercises. Perfect for your overall well-being.

Wellness Hour is a quiet session where you're able to use space for light aerobics, stretching & floor workouts. This session is unmanned. *Mats are available but please feel free to bring your own!*

Various physical activities performed while sitting or using a chair to support. Suitable for all ages & fitness levels!

Legs, Bums & Tums (LBT) is a fun, energising workout that targets your core, glutes and legs!

Ageless & Agile is accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Boccia, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes! **Ageless & Agile is FREE for MV members...** (Or only £3.00 per session.)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6am	6am	6am	6am	6am	6am	6am
Bank Holiday Opening times: 6am-3pm						
7am	7am	7am	7am	7am	7am	7am
				Wellness Hour		
8am	8am	8am	8am	8am	8am	8am
	Wellness Hour					
9am	9am	9am	9am	9am	9am	9am
	Pilates	Balance & Mobility Pilates				Wellness Hour
10am	10am	10am	10am	10am	10am	10am
		Pilates		Pilates	Wellness Hour	
11am	11am	11am	11am	11am	11am	11am
	Yoga	Whole Body Exercise**		Pilates		
12pm	12pm	12pm	12pm	12pm	12pm	12pm
1pm	1pm	1pm	1pm	1pm	1pm	1pm
2pm	2pm	2pm	2pm	2pm	2pm	2pm
			Ageless & Agile**	Seated Exercises**		
3pm	3pm	3pm	3pm	3pm	3pm	3pm
4pm	4pm	4pm	4pm	4pm	4pm	4pm
5pm	5pm	5pm	5pm	5pm	5pm	5pm
6pm	6pm	6pm	6pm	6pm	6pm	6pm
	Yoga	Pilates	Yoga	Wellness Hour		
7pm	7pm	7pm	7pm	7pm	7pm	7pm
	Pilates	LBT**	Wellness Hour	Wellness Hour		
8pm	8pm	8pm	8pm	8pm	8pm	8pm
9pm	9pm	9pm	9pm	9pm	9pm	9pm

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Bank Holiday Opening times: 6am-3pm						
7am	SPRINT	RPM	SPRINT				
8am		SPRINT	RPM	RPM	RPM	RPM	
9am	RPM		SPRINT	RPM	SPRINT		
10am		SPRINT				SPRINT	
11am	CYCLE	CYCLE			CYCLE	CYCLE	
12pm					RPM		
1pm		RPM		RPM	SPRINT	SPRINT	
2pm						RPM	SPRINT
3pm					RPM		
4pm		RPM	RPM	RPM	SPRINT	SPRINT	RPM
5pm		SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT
6pm		RPM	RPM	SPRINT	SPRINT	RPM	RPM
7pm		SPRINT	RPM	RPM	SPRINT		SPRINT
8pm		RPM	CYCLE	RPM	RPM		
9pm		SPRINT	RPM				

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

Prices for Exercise Classes:

	Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Magna Vitae Member (Membership Holder)
45 minutes to 1 hour	£7.55	£6.25	£5.65	FREE!
Virtual Classes (60min)	£3.85	£3.20	£2.80	FREE!
Virtual Classes (30min)	£3.20	£2.65	£2.40	FREE!



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

Meridian Leisure Centre

Dance Studio Programme

Holiday Programme | 25th - 31st August

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

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

Virtual Exercise Classes:

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

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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	£3.85	£3.20	£2.80	FREE!

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Meridian Leisure Centre

Sports Hall Programme

Holiday Programme | 25th - 31st August

Venue Opening Times | Bank Holiday Monday: 6am-3pm | Tuesday to Friday: 6am-9.30pm | Saturday: 7am-5.30pm | Sunday: 7.30am-7pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OVER 45's Join in with a bit of badminton, new age kurling, short mat bowls or even table tennis! A great way to socialise weekly, and meet both new and familiar faces!	7am Bank Holiday Opening times: 6am-3pm	7am	7am	7am	7am	7am	7am
MV GYMNASTICS Our Gymnastics is for children ages 18mths-16yrs. Our pre-school programme, teaches children about the FUNDamentals of gymnastics using various themes, fun learning and techniques. Our main programme consists of RISE groups 1-4 and an Advanced class. We've incorporated British Gymnastics latest RISE learning criteria! This has been developed and modified from the Core Proficiency for a better all-round experience, which includes beams, bars, vaults & floor work. (Fun & social!)	8am	8am	8am Set Up / Take-Down	8am	8am	8am	8am
LOUTH BADMINTON CLUB A friendly adults badminton club, playing on a Monday evening from 7.30pm-9.30pm. Louth Badminton Club play social, mixed badminton... And they welcome all abilities, so be sure to come and join them! You can get in touch with the Louth Badminton Club by emailing them via: louthbc2020@gmail.com.	9am	9am	9am	9am	9am	9am	9am
SOCIAL WALKING NETBALL Social walking netball is suitable for all! This session is particularly ideal for those wishing to take part in a sport they enjoy at a slower pace. Come along for a chat and some fun! (Never played before? Well, don't worry, because the group of lovely 'regulars' that attend each week are welcoming to all ages and abilities! Book in and join them.	10am	10am Set Up / Take-Down	10am	10am Holiday Activity & Food (HAF) Programme 9am-1.30pm (Find out more information on our website!)	10am Holiday Activity & Food (HAF) Programme 9am-3pm (Find out more information on our website!)	10am MV Gymnastics (Rise)	10am
WHEELCHAIR BASKETBALL LOUTH JAGUARS Louth Jaguars Wheelchair Basketball Club is a fun way of participating in physical education within a safe environment. For our disabled players, (the majority of the team), it gives invaluable support to build upper body strength and assists with motor skills. It offers a chance to socialise and make friends whilst learning the importance of teamwork. Their qualified coaches treat players as individuals, recognising their strengths & weaknesses, and helping to build self-confidence... This means that each person feels like a valued member of the team. Welcome to people of all ages and abilities!	11am	11am Over 45's Session	11am MV Gymnastics (Pre-school)	11am	11am MV Gymnastics (Holiday Activity Camp) (Holiday Activity Camp) 10am-2pm	11am MV Gymnastics (Rise)	11am
LOUTH NETBALL CLUB There are 4 sessions: 5:00-6:00pm: (Years 2-6); 6:00-7:00pm: (Years 7-9); 7:00-8:00pm: (Years 10 & 11) and 8:00-9:00pm: (Age 16+). For any queries or additional information, please get in touch with Carolyn via email: carolynblackburn0409@gmail.com	12pm	12pm Set Up / Take-Down	12pm	12pm	12pm	12pm	12pm
PICKLEBALL Easy to play and simple to learn for people of all ages. Pickleball combines tennis, badminton & ping-pong in a unique way! All equipment is provided.	1pm	1pm	1pm	1pm	1pm	1pm	1pm
	2pm	2pm	2pm	2pm Set Up / Take-Down	2pm	2pm	2pm
	3pm	3pm Pickleball	3pm Set Up / Take-Down	3pm Over 45's Session	3pm Set Up / Take-Down	3pm MV Gymnastics (Pre-school)	3pm
	4pm	4pm	4pm	4pm Set Up / Take-Down	4pm	4pm	4pm
	5pm	5pm	5pm	5pm	5pm MV Gymnastics (Rise)	5pm Set Up / Take-Down	5pm
	6pm	6pm	6pm	6pm	6pm	6pm	6pm
	7pm	7pm	7pm	7pm	7pm	7pm	7pm
	8pm	8pm	8pm	8pm	8pm	8pm	8pm
	9pm	9pm	9pm	9pm	9pm	9pm	9pm

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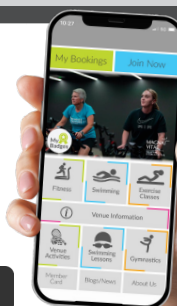
You can book online & via our app!
To find out prices & more for Sports Hall activities, browse [our website](https://www.magnavitae.org):



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



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