Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Term Time | 15th September - 26th October

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

Our Leisure Pool & Flume are currently out of action.
We apologise for any inconvenience & aim to rectify the issue by Saturday 20th October

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.*

GENTLE AQ. — Gentle Aquacise (30 mins):
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (Ideal for injury recovery.)

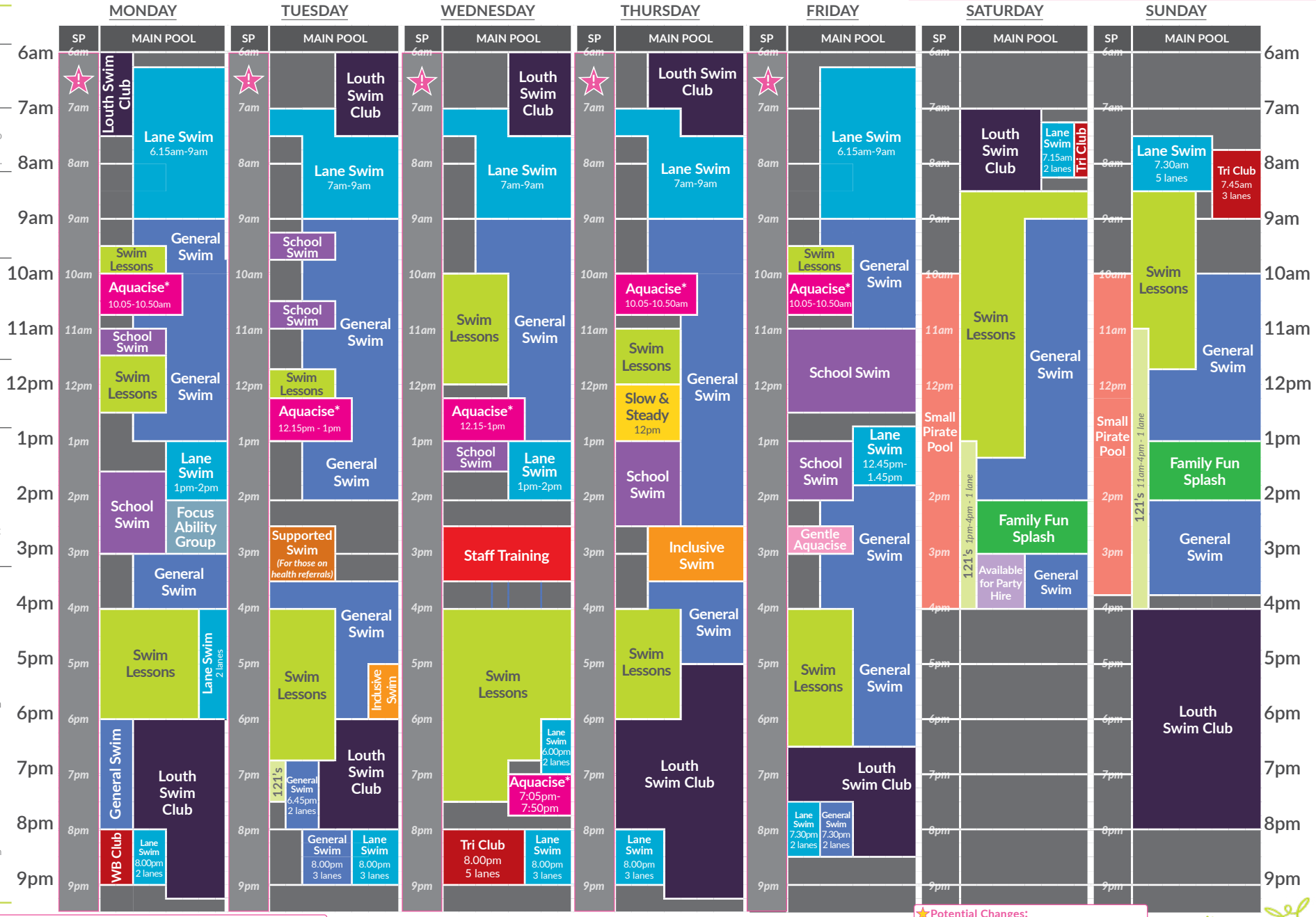
INCLUSIVE SWIM — Inclusive Swim:
This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.

SLOW & ST. — Slow & Steady: (16yrs+)
A slower-paced swim. A great session for socialising and suitable for all abilities.

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

IMOPRTANT: 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.)*
- **Quieter Sessions:** Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music =)
- **Flume Opening Times:**
  - Saturday's: 10.30am-3.45pm
  - Sunday's: 10.30am-3.30pm
  - (Please see the note about potential changes)



- 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!

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 live timetables online at **magnavitae.org** - or download our **free MV app**!*

magnavitae.org
MAGNA VITAE
TRUST FOR LEISURE & CULTURE

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

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Term Time | 22nd September - 26th October

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

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.*

GENTLE AQ. — Gentle Aquacise (30 mins):
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (Ideal for injury recovery.)

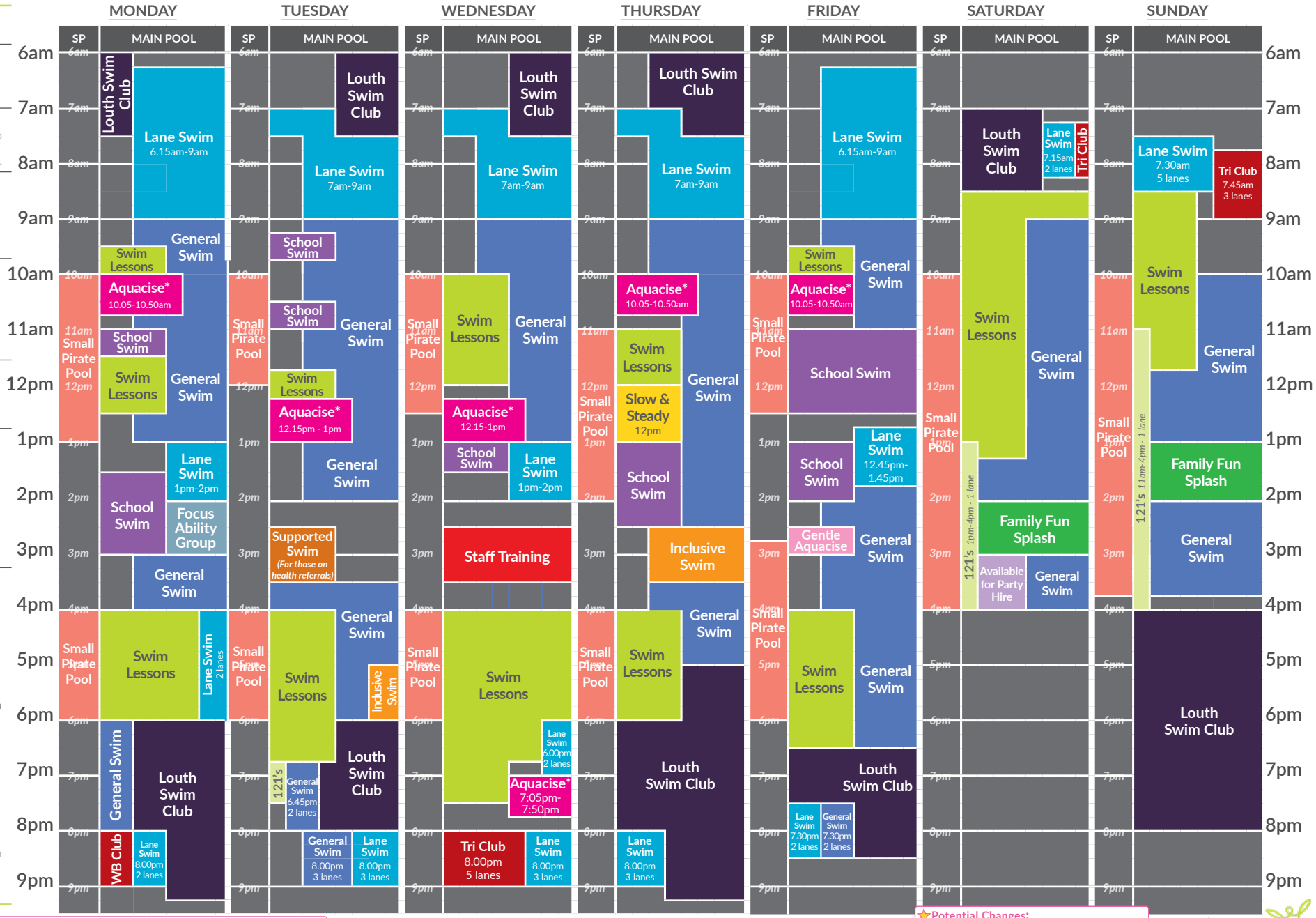
INCLUSIVE SWIM — Inclusive Swim:
This is an open session that factors in sensory and behaviour needs. We won't play any music during this session - & We'll use natural lighting where possible.

SLOW & ST. — Slow & Steady: (16yrs+)
A slower-paced swim. A great session for socialising and suitable for all abilities.

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

IMOPRTANT: 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.)*
- Quieter Sessions:
Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music =)
- Flume Opening Times:
  - Saturday's: 10.30am-3.45pm
  - Sunday's: 10.30am-3.30pm
  - (Please see the note about potential changes)



- 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!

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 live timetables online at* ***magnavitae.org*** *- or download our* ***free MV app****!*

magnavitae.org
MAGNA VITAE
TRUST FOR LEISURE & CULTURE

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

Meridian Leisure Centre

Wellness Studio Programme

Term Time | 15th September - 26th October

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

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

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

WHOLE BODY EXERCISE**
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.

BALANCE & MOBILITY PILATES
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
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!*

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

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

AGELESS & AGILE (HELD IN MULTI-PURPOSE ROOM)**
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							
7am	Wellness Hour				Wellness Hour		
8am		Wellness Hour					
9am		Pilates	Balance & Mobility Pilates				Wellness Hour
10am	Pilates		Pilates		Pilates	Wellness Hour	
11am		Yoga	Whole Body Exercise**		Pilates		
12pm							
1pm							
2pm				Ageless & Agile**			
3pm	Seated Exercises**						
4pm							
5pm				Yoga			
6pm	Yoga	Yoga		Wellness Hour			
7pm	Yoga	Pilates	Elite *(Dance School)*		Wellness Hour		
8pm		Legs, Bums, Tums**					
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**!

Scan me!

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

magnavitae.org
MAGNA VITAE
TRUST FOR LEISURE & CULTURE

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

Meridian Leisure Centre

Fitness Suite & Cycle Studio Programme | Term Time | 15th September - 26th October

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!* LesMills VIRTUAL

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

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

INTRO TO CYCLE
Intro to Cycle... *New to indoor cycling?* Start here. Our 30-minute Intro to Cycle blends relaxed chat, easy riding, and expert guidance so you can try it out without the sweat or stress of a full class.15 minutes of gentle pedalling, and tips from your instructor to help you feel ready for more.

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	SPRINT	RPM	SPRINT	SPRINT	SPRINT		
7am		SPRINT	RPM	RPM	RPM	RPM	
8am	RPM		SPRINT	RPM	SPRINT		
9am		SPRINT			CYCLE	SPRINT	
10am	CYCLE	CYCLE			RPM	CYCLE	
11am				RPM	SPRINT		
12pm		RPM		RPM	SPRINT	SPRINT	
1pm						RPM	SPRINT
2pm						RPM	BEGINNER RPM
3pm	SPRINT	RPM	RPM		RPM	SPRINT	RPM
4pm	RPM	SPRINT	SPRINT	RPM	SPRINT		SPRINT
5pm	RPM	RPM	RPM	SPRINT	RPM	RPM	RPM
6pm	CYCLE	INTRO TO CYCLE	RPM	RPM / SYNRGY* (In Fitness Suite Functional Area)	BEGINNER RPM	RPM	SPRINT
7pm	RPM	RPM	CYCLE	RPM	SPRINT		
8pm					RPM		
9pm	RPM	SPRINT	RPM				

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

Scan me!

- 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!

magnavitae.org
MAGNA VITAE
TRUST FOR LEISURE & CULTURE

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

Meridian Leisure Centre

Dance Studio Programme

Term Time | 15th September - 26th October

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

BODY CONDITIONING	Aerobics warm up with muscle toning exercises. A great class for those looking for muscle shaping away from the gym.
PILATES	A combination of stretches and strength work. Great for improving posture & mobility on muscles around the spine.
MATURE MOVERS	A lower impact session using toning and mobility exercises, some of which are chair based.
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.
FITNESS PILATES	Pilates inspired exercises combined with functional movements to improve posture, alignment & balance.
LATIN FIT	Join Kelly to dance your way into fitness with this fun, aerobic style workout!
ZUMBA	Combine the calorie burning benefits of aerobics with fun dance moves and you have Zumba! Caters for every ability.
CORE & STRETCH	Benefit your whole body with some stretching, strength work and a bit of relaxation. (This is a floor-based class.)
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.*
CLUB FIT	Aerobic dance exercise. Enjoy old skool tunes in a darkened room with dazzling disco lights.
BALANCE & MOBILITY	A circuit-style class to enhance balance, mobility, posture, *overall functionality*, and stability. (Light exercise and stretching.)
PIYO	PiYo combines the strength of Pilates with the flexibility of yoga. A low impact class.
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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am	Les Mills BodyPUMP						
8am	Les Mills CORE	Les Mills BodyBALANCE	Les Mills CORE	Les Mills BodyBALANCE	Les Mills CORE		
9am	Body Conditioning	Latin Fit	Zumba	Fitness Pilates	Zumba	Les Mills BodyBALANCE	Les Mills BodyPUMP
10am	Pilates	PiYo	Body Conditioning	Low Impact Aerobics	Body Conditioning	Latin Fit	Les Mills BodyBALANCE
11am	Mature Movers	Balance & Mobility	Core & Stretch	Body Conditioning		Les Mills BodyCOMBAT	Les Mills Sh'Bam
12pm	Pilates		Yoga	Cardiac Rehab	Les Mills BodyPUMP	Les Mills BodyPUMP	Les Mills CORE
1pm			Les Mills BodyPUMP			Les Mills Sh'Bam	
2pm			Private Hire		Les Mills BodyCOMBAT		Les Mills BodyPUMP
3pm		Les Mills BodyCOMBAT					
4pm	Les Mills Sh'Bam		Les Mills BodyPUMP				Les Mills BodyBALANCE
5pm	Fitness Pilates			Les Mills BodyPUMP	Latin Fit		
6pm	Les Mills BodyPUMP	Zumba	Pilates	Body Conditioning			
7pm	Les Mills BodyCOMBAT	Les Mills BodyPUMP	CLUBFIT	Legs, Bums & Tums	Les Mills Sh'Bam		
8pm	Les Mills BodyCOMBAT	Les Mills CORE	PiYo	Les Mills BodyPUMP			
9pm			Les Mills BodyPUMP				

Virtual Exercise Classes: LesMills VIRTUAL

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.
- **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!
Yoga/Pilates Classes	£9.55	£7.80	£7.10	FREE!
Virtual Classes	£3.85	£3.20	£2.80	FREE!

magnavitae.org

MAGNA VITAE

TRUST FOR LEISURE & CULTURE

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

Meridian Leisure Centre

Sports Hall Programme

Term Time | 15th September - 26th October

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

SOCIAL B.

Join in with a bit sporty social session, with plenty of badminton. Suitable for adults of all abilities. A great way to socialise weekly and meet new people!

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!)*

MAGNA VITAE GYMNASTICS

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.*

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.*

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!*

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

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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am							Set Up / Take-Down
9am		Set Up / Take-Down			Set Up / Take-Down		Football Fun Factory
10am		Social Badminton			Home Education Session	MV Gymnastics (Rise)	
11am					Set Up / Take-Down		Set Up / Take-Down
12pm		Set Up / Take-Down					
1pm		Social Walking Netball			Set Up / Take-Down		
2pm		Set Up / Take-Down		Set Up / Take-Down			
3pm		Pickleball		Social Badminton		MV Gymnastics (Pre-school)	
4pm		Available for Pickleball or Badminton Hire	Set Up / Take-Down	Set Up / Take-Down			
5pm		Available for Pickleball or Badminton Hire	Lincoln City Football Session	Louth Netball Club	MV Gymnastics (Rise)	Set Up / Take-Down	
6pm	Set Up / Take-Down Back to Netball	Available for Pickleball or Badminton Hire					
7pm	Set Up / Take-Down	Available for Pickleball or Badminton Hire	Set Up / Take-Down Wheelchair Basketball (Louth Jaguars)				
8pm	Louth Badminton Club	Available for Pickleball or Badminton Hire	Available for Pickleball or Badminton Hire				
9pm							

- 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.

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

Scan me!

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

Download on App Store | Download on Google play

magnavitae.org

MAGNA VITAE
TRUST FOR LEISURE & CULTURE

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