

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	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL	SP	MAIN POOL
MAIN POOL	Main Pool: Length: 25m Amount of lanes: 8 Temperature: 29 degrees	6am		6am		6am		6am		6am		6am		6am	
		7am	Louth Swim Club	7am	Louth Swim Club	7am	Louth Swim Club	7am	Louth Swim Club	7am		7am		7am	
AQUACISE*	Aquacise (45 minutes): Sessions start 5 minutes into a time block. i.e. Aquacise on Monday's 10:05am-10:50am.	8am		8am	Lane Swim 6.15am-9am	8am		8am		8am	Lane Swim 6.15am-9am	8am	Louth Swim Club	8am	Lane Swim 7.30am 5 lanes
GENTLE AQ.	Gentle Aquacise (30 mins): Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (Ideal for injury recovery.)	9am		9am		9am		9am		9am		9am		9am	Tri Club 7.45am 3 lanes
		10am		10am		10am		10am		10am		10am		10am	
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.	11am		11am		11am		11am		11am		11am		11am	
		12pm		12pm		12pm		12pm		12pm		12pm		12pm	
SLOW & ST.	Slow & Steady Social: (16yrs+) A slower-paced swim. A great session for socialising and suitable for all abilities.	1pm		1pm		1pm		1pm		1pm		1pm		1pm	
		2pm		2pm		2pm		2pm		2pm		2pm		2pm	
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	3pm		3pm		3pm		3pm		3pm		3pm		3pm	
		4pm		4pm		4pm		4pm		4pm		4pm		4pm	
IMPORTANT: OTHER NOTES	• Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	5pm		5pm		5pm		5pm		5pm		5pm		5pm	
	• 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.)	6pm		6pm		6pm		6pm		6pm		6pm		6pm	
	• Quieter Sessions: Tuesday's & Thursday's from 6am-10am, there will be no music playing in our pool area or corridors. (Sessions without music = 🤫)	7pm		7pm		7pm		7pm		7pm		7pm		7pm	
	• Flume Opening Times: Monday-Friday: 10am-4pm Saturday's: 10.30am-3.45pm Sunday's: 10.30am-3.30pm (Please see the note about potential changes ⭐)	8pm		8pm		8pm		8pm		8pm		8pm		8pm	
		9pm		9pm		9pm		9pm		9pm		9pm		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.

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!

Meridian Leisure Centre

Wellness Studio Programme

Term Time | 22nd September - 19th October

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		Pilates	Balance & Mobility Pilates				Wellness Hour
10am	Pilates		Pilates		Pilates	Wellness Hour	
11am							
12pm		Yoga	Whole Body Exercise**		Pilates		
1pm							
2pm				Ageless & Agile**			
3pm	Seated Exercises**						
4pm							
5pm							
6pm	Yoga	Yoga		Yoga			
7pm	Yoga	Pilates	Elite (Dance School)	Wellness Hour			
8pm		Legs, Bums, Tums**			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!](#)



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!

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

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.

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!

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

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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Meridian Leisure Centre

Dance Studio Programme

Term Time | 22nd September - 19th October

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.
- 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!

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Meridian Leisure Centre

Sports Hall Programme

Term Time | 22nd September - 19th October

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

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

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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.



magnavitae.org
MAGNA VITAE
TRUST FOR LEISURE & CULTURE

Meridian Leisure Centre

Main Pool & Leisure Pool Programme

Half Term | 20th October - 26th October

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.														
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 Social: (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														
IMPORTANT: OTHER NOTES	<ul style="list-style-type: none">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: Monday-Friday: 10am-4pm Saturday's: 10.30am-3.45pm Sunday's: 10.30am-3.30pm (Please see the note about potential changes ⭐)														
6am		SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL	SP 6am	MAIN POOL
7am		7am		7am	Louth Swim Club	7am	Louth Swim Club	7am	Louth Swim Club	7am		7am		7am	
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		9am		9am		9am		9am		9am		9am	Tri Club 7.45am 3 lanes
10am		10am	Swim Lessons	10am	General Swim	10am	General Swim	10am	General Swim	10am	Swim Lessons	10am	Swim Lessons	10am	General Swim
11am		11am	Aquacise* 10.05-10.50am	11am	General Swim	11am	Swim Lessons	11am	Aquacise* 10.05-10.50am	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	Swim Lessons	12pm	General Swim
1pm		1pm	School Swim	1pm	School Swim	1pm	School Swim	1pm	School Swim	1pm	School Swim	1pm	Small Pirate Pool	1pm	Family Fun Splash
2pm		2pm	Family Fun Splash	2pm	Family Fun Splash	2pm	Family Fun Splash	2pm	Family Fun Splash	2pm	Family Fun Splash	2pm	Family Fun Splash	2pm	Family Fun Splash
3pm		3pm	General Swim	3pm	Supported Swim (For all: Includes a staff member)	3pm	General Swim	3pm	General Swim	3pm	General Swim	3pm	General Swim	3pm	General Swim
4pm		4pm	Swim Lessons	4pm	Swim Lessons	4pm	Swim Lessons	4pm	Swim Lessons	4pm	Swim Lessons	4pm	Swim Lessons	4pm	Swim Lessons
5pm		5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons
6pm		6pm	General Swim	6pm	General Swim	6pm	General Swim	6pm	General Swim	6pm	General Swim	6pm	General Swim	6pm	General Swim
7pm		7pm	Louth Swim Club	7pm	Louth Swim Club	7pm	Louth Swim Club	7pm	Louth Swim Club	7pm	Louth Swim Club	7pm	Louth Swim Club	7pm	Louth Swim Club
8pm		8pm	WB Club	8pm	WB Club	8pm	WB Club	8pm	WB Club	8pm	WB Club	8pm	WB Club	8pm	WB Club
9pm		9pm	Lane Swim 8.00pm 2 lanes	9pm	Lane Swim 8.00pm 3 lanes	9pm	Lane Swim 8.00pm 3 lanes	9pm	Lane Swim 8.00pm 3 lanes	9pm	Lane Swim 8.00pm 3 lanes	9pm	Lane Swim 8.00pm 2 lanes	9pm	Lane Swim 8.00pm 2 lanes

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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		Balance & Mobility Pilates				Wellness Hour
11am			Pilates		Pilates	Wellness Hour	
12pm		Yoga	Whole Body Exercise**		Pilates		
1pm							
2pm				Ageless & Agile**			
3pm	Seated Exercises**						
4pm							
5pm							
6pm	Yoga	Yoga		Yoga			
7pm	Yoga	Pilates	Elite (Dance School)	Wellness Hour			
8pm		Legs, Bums, Tums**			Wellness Hour		
9pm							



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7am	SPRINT	RPM	SPRINT	SPRINT	SPRINT		
8am		SPRINT	RPM	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	SPRINT	RPM
4pm	RPM	SPRINT	SPRINT	SPRINT	RPM	RPM	SPRINT
5pm	RPM		RPM	SPRINT	SPRINT	RPM	RPM
6pm	CYCLE	INTRO TO CYCLE	RPM	RPM	BEGINNER RPM		SPRINT
7pm			CYCLE		SPRINT		
8pm	RPM	RPM		RPM	RPM		
9pm	RPM	SPRINT					

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!

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!

- 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.

Meridian Leisure Centre

Dance Studio Programme

Half Term | 20th October - 26th October

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!

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- 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!

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

Meridian Leisure Centre

Sports Hall Programme

Half Term | 20th October - 26th October

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

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

- Bookings can be made up to 7 days in advance.
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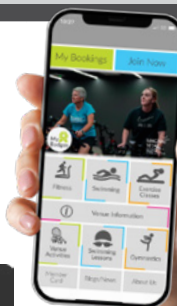
You can book online & via our app!
To find out prices & more for Sports Hall activities, browse [our website](#):



Scan me!

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.



magnavitae.org
MAGNA VITAE
TRUST FOR LEISURE & CULTURE

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.														
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 Social: (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														
IMPORTANT: OTHER NOTES	<ul style="list-style-type: none">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: Monday-Friday: 10am-4pm Saturday's: 10.30am-3.45pm Sunday's: 10.30am-3.30pm (Please see the note about potential changes ⭐)														
		6am		6am		6am		6am		6am		6am		6am	
		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 6.15am-9am
		8am		8am	Lane Swim 7am-9am	8am	Lane Swim 7am-9am	8am	Lane Swim 7am-9am	8am		8am	Louth Swim Club	8am	Lane Swim 7.30am 5 lanes
		9am		9am		9am		9am		9am		9am		9am	Tri Club 7.45am 3 lanes
		10am	Swim Lessons	10am	General Swim	10am	Swim Lessons	10am	Aquacise* 10.05-10.50am	10am	Swim Lessons	10am	Swim Lessons	10am	General Swim
		11am		11am	General Swim	11am	General Swim	11am	Swim Lessons	11am	General Swim	11am	General Swim	11am	General Swim
		12pm	Swim Lessons	12pm		12pm		12pm	Slow & Steady Social Swim 12pm	12pm	General Swim	12pm	General Swim	12pm	General Swim
		1pm		1pm	Aquacise* 12.15pm - 1pm	1pm	Aquacise* 12.15-1pm	1pm		1pm	Lane Swim 12.45pm-1.45pm	1pm	Small Pirate Pool	1pm	Family Fun Splash
		2pm	Family Fun Splash	2pm	Family Fun Splash	2pm	Family Fun Splash	2pm	Family Fun Splash	2pm	General Swim	2pm	General Swim	2pm	General Swim
		3pm	NPLQ (National Pool Lifeguard Qualification)	3pm	NPLQ (National Pool Lifeguard Qualification)	3pm	NPLQ (National Pool Lifeguard Qualification)	3pm	NPLQ (National Pool Lifeguard Qualification)	3pm	Gentle Aquacise	3pm	NPLQ (National Pool Lifeguard Qualification)	3pm	General Swim
		4pm		4pm	General Swim	4pm	General Swim	4pm	General Swim	4pm	Family Fun Splash	4pm	Family Fun Splash	4pm	General Swim
		5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons	5pm	Swim Lessons
		6pm		6pm		6pm		6pm		6pm		6pm		6pm	
		7pm	General Swim	7pm	Louth Swim Club	7pm	Louth Swim Club	7pm	Louth Swim Club	7pm	Louth Swim Club	7pm	Louth Swim Club	7pm	Louth Swim Club
		8pm		8pm		8pm		8pm		8pm		8pm		8pm	
		9pm	WB Club	9pm	General Swim	9pm	Tri Club	9pm	Lane Swim	9pm	General Swim	9pm	General Swim	9pm	General Swim

Bookings can be made up to 7 days in advance.
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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)
£5.85	£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!

Meridian Leisure Centre

Wellness Studio Programme

Half Term | 27th October - 2nd November

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		Pilates	Balance & Mobility Pilates				Wellness Hour
10am	Pilates		Pilates		Pilates	Wellness Hour	
11am							
12pm		Yoga	Whole Body Exercise**		Pilates		
1pm							
2pm				Ageless & Agile**			
3pm	Seated Exercises**						
4pm							
5pm							
6pm	Yoga	Yoga		Yoga			
7pm	Yoga	Pilates	Elite (Dance School)	Wellness Hour			
8pm		Legs, Bums, Tums**			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!](#)



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

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.

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Scan me!

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

Prices for Exercise Classes:

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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

Half Term | 27th October - 2nd November

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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:

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Virtual Classes	£3.85	£3.20	£2.80	FREE!

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Half Term | 27th October - 2nd November

magnavitae.org

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