

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

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



Scan me!

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

- Bookings can be made up to 7 days in advance.
- To ensure everybody has an opportunity to attend popular classes, we have some booking limits in place: **Please do not book more than 3 Aquacise sessions** (per week).
- All payments must be made at the time of booking.
- **Need to cancel a booking?** You must cancel 48 hours in advance (at least) to claim a refund.

Prices for Swimming:

Non Members (General Public)	MV Card (Subscription Holder)	MV Card with Concession (Subscription Holder)	Aged 2-4yrs	Under 2yrs	Magna Vitae Member (Membership Holder)
£5.65	£4.65	£4.25	£2.50	£1.00	FREE!

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GENTLE AQUA	Gentle Aquacise* : In the Swimming Pool Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)								
CIRCUITS	Circuits** : In Engine Room Two High-energy and fast paced! Move your way around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps.								
YOGA	Yoga** : In Engine Room Two Physical and mental exercises, using stretching and breathing to help improve posture & core stability. Helpful to relax and release stress!								
GENTLE YOGA	Gentle Yoga** : In Engine Room Two A slow-paced class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility & recovery. Suitable for those with pain, trouble sleeping, anxiety and/or stress.								
BODY C.	Body Conditioning** : In Engine Room Two An aerobics-style warm up with muscle-toning exercises. A great class for shaping & toning up!								
KETTLEBELL	Kettlebell Circuits** : In Engine Room Two Designed not just to improve health - But also to improve your core strength, balance, mobility, flexibility and even your overall co-ordination!								
CORE & ST.	Core & Stretch** : In Engine Room Two Improve your posture, balance, mobility and stability through light exercises and stretching.								
CYCLE	Cycle~ : In Engine Room One High-intensity exercise class on a stationary bike. Combine cardio and endurance in a calorie-crunching cycle session!								
BOXERCISE CL.	Boxercise® Circuits** : In Engine Room Two Boxercise® is an extremely popular form of fitness training. The punches taught include jab, cross, hooks and uppercuts. Includes a range of circuit training exercises for a full body workout!								
AGELESS & AGILE	Ageless & Agile*** : Takes place inside The Signal Box (inside our venue) FREE for MV members or only £3.00 per session. Accessible to all - But tailored for adults who may suffer with health conditions. Your weekly social and opportunity to meet new people! With lots of activities, exercises and health & wellbeing advice, expect activities and games like: Bocca, crafts, group events (i.e. sports days), nostalgic games, seated exercises, quizzes... And even discussing health awareness topics like dementia and diabetes!								
ZUMBA	Zumba** : In Engine Room Two Combining the calorie-burning benefits of aerobics - with fun dance moves. Get fitter and have fun with a sprinkle of Latin spirit!								
STRONG	Strong** with Venia : In Engine Room Two Strong combines high intensity interval training with the science of synced music. Motivation, music and moves in every class, synced perfectly to push you beyond your limits.								

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QR code to browse **our website**!



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!

	Instructor-led Classes - NEW to our programme:
5pm	INTRO TO CYCLE~ (In Engine Room One) 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.
6pm	SEATED EXERCISE*** (In The Signal Box) Various physical activities are performed while sitting or using a chair to support. Suitable for those with limited mobility, new to fitness, or looking for low-impact options
7pm	FIGHTING FIT Cancer Support Class** (In Engine Room Two) A referral programme supporting people living with/recovering from cancer in Lincolnshire. Please note this is not delivered by Magna Vitae. (www.lincolncityfoundation.com/fightingfit)
7pm	Virtual Classes - delivered by FIIT: ** = Engine Room One ~ = Engine Room Two
8pm	CARDIO DUMBBELL** High intensity. Tone muscle and build stamina using dumbbells.
8pm	CARDIO BODYWEIGHT** High intensity. Tone muscle and build stamina.
8pm	YOGA** Become more relaxed and focused. Tune in... Tone up... & Find your zen.
8pm	STRENGTH DUMBBELL** Bodyweight, equipment & resistance training using dumbbells.
8pm	BODYWEIGHT STRENGTH** Bodyweight and resistance training. Build & sculpt muscle.
9pm	BIKE** Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride!
9pm	BREATHWORK** Improve joint health and flexibility, build core strength and prevent injury.
9pm	STRETCH & MOBILITY** To improve mobility, flexibility & mental focus through stretch work.
9pm	PILATES** Combine stretching and strength work to improve posture and mobility.
9pm	BIKE~ Using revolutions per minute (RPM) and resistance. Replicate a real-life bike ride!