Swimming Pool Programme

Term Time 8th September - 19th October

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

General Swim Session: This is an open swimming pool session, suitable		10M	IDAY	TUES	SDAY	WEDN	ESDAY	THUR	SDAY	FRI	FRIDAY		IRDAY	SUNDAY	
for all. Perfect for practice or to splash around!	6am		Ò	am I		m	Ŭ.	am	Ò	am	Ò û	m	Ò	m	
Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)		<i>7</i>	sm	
Aquacise: Using benefits of water resistance for a low	- 8am	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)		8	Adult Only Adu	
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups. Slow & Steady Social Swim:	– 9am	General Swim (8.30am-9.30am)	Lane Swim 9 (8.30am-9.30am)	am	90	General I ^m Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)		Lane 9	(8am-9am, 16yrs+) (8am-9a m	wim am, 16yrs+)
An ideal session for those who are looking for a slower-paced swim. This session is	10am	Lane	Curina	am School S	wimming	am Aqu a (9.30am-1	icise 10	General ^{am} Swim	Lane Swim	Lane	Swim 10 10.30am)	Swim amLessons	Swim (9am-10am) 10	Aquacise (9am-10am)	Lane
at the on-site Whistle Stop Bistro)	_ 11am	Gentle A	Aquacise 11	(9.30an am	n-11am) 11	Slow &			(9.30am-10.30am) Swim		Aquacise 11	am	Swim (10am-11am) _{1 1}	General Swim (10am-11am) am	Swim (10am- 11am)
This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.	12pm	Slow &	Steady	Home Ed. S		(10.30am-	Steady	(10.30am	acise 12		Steady	General S (11am-12n		General Swim (11am-12noon)	Lane Swim (11am- 12noon)
Inclusive Swim: An open session with one lane, factoring in sensory & behaviour needs. We won't have music	·	(11.30am	Swim -12.30pm) Steady	General Swim	Lane Swim (12noon-1pm) ₁	Social (11.30am-	12.30pm) Lane	(11.30am	-12.30pm)	(11.30am	Swim -12.30pm) Steady	General S		General Swim (12noon-1pm)	Lane Swim (12pm- 1pm)
playing and will use natural lighting where possible. Supported Swim Session:	1pm -		Swim 1-1.30pm)	Swim Less (Ducklings		om General S v (12.30pm-1.30		School Sv (1pm-1	wimming ^{30pm)}		Swim n-1.30pm)	m Inclusive S		General Swim	Lane Swim
Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.	2pm	School St (1.45pm		om General Swim	Lane Swim	m Staff Tr (1.30pm-	raining 2, 2.30pm)	General Swim	Lane Swim		2) acise	m Family F	un Splash	Family Fun Sp	-2pm)
Gentle Aquacise: Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	3pm	General Swim	Lane Swim	General Swim	(2pm-3pm) 3 Lane Swim	m Inclusive S (2.30pm-3.30		(2pm-3pm) General Swim	(2pm-3pm) 3 Lane Swim	General Swim	-3pm) 3, Lane Swim	m Availa	n-3pm) 3 ble for rty Hire!	(2pm-3pm) M Available fo Pool Party H	
School Swimming: This session is used for local schools to learn	_ 4pm	(3pm-4pm) General	(3pm-4pm)	(3pm-4pm)	(3pm-4pm) 4 General	om Support e (3.30pm-		(3pm-4pm) Swim Lessons (Discovery Ducklings)	(3pm-4pm) 4	General	(3pm-4pm) 41 Lane	(3pm	-4pm) 4	(3pm-4pm)	iie:
the important, life-saving skill Swimming! Family Fun Splash:	_ 5pm	Swim (4pm-5pm)	Swim (4pm-5pm)	Swim Lessons	Swim (4pm-5pm) 5 General	ım		Swim Lessons (Ducklings)	Swim 5 Lessons	Swim (4pm-5pm) pm	Swim (4pm-5pm) 51	m	5	m	
An open swimming session with floats! It's suitable for all abilities & great for family bonding! Swim Lessons:	_ 6pm	Inclusive S (5pm-6pm		ECSSOTIS	Swim (5pm-6pm)	General Sv (5pm-6pm)		General Swim (5pm-6pm)	6	Family F	un Splash ^{1-6pm)}	m	6	m	
Our WaterWise 'Learn to Swim' programme! WaterWise memberships include general swimming at any time At any venue!	_	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)	Aqua (6pm-		Adult Swim Lessons (Intermediates) Adult Swim Lessons (Beginners)	Lane Swim (6pm-7pm)	General Swim (6pm-7pm)	Lane Swim (6pm-7pm)				
One perk of many others, whilst becoming wiser about water! You can win lessor learn more on our website #PoolPower	7pm	Aqu:	acise -8pm)	Adult Only Swim	Adult Lane Swim	Swim	Swim	General Swim	Lane Swim	Adult Only Swim	Adult Lane Swim		- 7 ,	em -	
Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential	8pm		8	(7рт-орт, 16yrs+) ртт	(7pm-8pm, 16yrs+) 8	(7pm-8pm, 16yrs+) 7TT	(7-pini-8-pim, 16yrs+) 8	(7pm-8pm) 7111	(7pm-8pm) 8	(7pm-8pm, 16yrs+) ym	(7pm-8pm, 16yrs+) 8p	m	8	ani -	
disappointment.	9pm														

• 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.

🚺 Scan me!

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!



Unfortuantely 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!

Exercise Class Programme

Term Time 8th September - 19th October



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 Von Memhers Exercise Classes: 45 minutes to 1 hour £7.55 £9.55 Yoga/Pilates Classes Magna Vitae is a Registered Charity, Charity Number 1160156, A Partner to East Lindsey District Council,

Magna Vitae Member MV Card MV Card with Concession £6.25 £5.65 FREE! £7.80 £7.10 FREE!



Swimming Pool Programme

Half Term | 20th October - 26th October

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

General Swim Session: This is an open swimming pool session, suitable	, !	MON	NDAY	TUES	<u>SDAY</u>	WEDNE	SDAY	THUR	RSDAY	<u>FRII</u>	DAY	SATU	JRDAY	SUNDAY	
for all. Perfect for practice or to splash around!	6am -		0		00	""		""		111	00			oum	
Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)			7cm	
Aquacise: Using benefits of water resistance for a low	_ 8am	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim 7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)			Adult Only Adul	
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups. Slow & Steady Social Swim:	– 9am	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	am	90	General ^{Im} Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)	General Swim (8.30am-9.30am)	Lane Swim (8.30am-9.30am)		Lane	9 (8am-9am, 16yrs+) (8am-9a 9 am	wim am, 16yrs+)
all abilities! (Enjoy a discounted drink	10am	Lane	Continu	am School S (9.30an	10 wimming n-11am)	am Aqua (9.30am-1	cise 10	General	Lane Swim (9.30am-10.30am)	Lane (9.30am-	Swim 10	Swim amLessons	Swim (9am-10am) Lane Swim	Aquacise (9am-10am) General Swim	Lane Swim
at the on-site Whistle Stop Bistro) Adults Only Swim: This session is for adults only (aged 16yrs+).	_ 11am	Gentle A	Aquacise 11 -11.30am)	Home Ed. 9	Lane Swim Swim	Slow & Social (10.30am-	Swim ¹¹		Swim -11.30am)	Gentle Aquacise 11 (10.30am-11.30am)		am Family F	(10am-11am), un Splash	(10am-11am) Family Fun Sp	(10am- 11am)
During this session, there will be two single lanes available and one double lane.	-12pm		Steady Swim	(11am-12nd 2pm General		Slow & Social	Swim 12		acise 12 -12.30pm)	Slow & Social	Swim 12	(11am- pm	-12noon)	(11am-12noon)	Lane
An open session with one lane, factoring in sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	1pm	Slow &	Steady Swim	Swim om(12noon-1pm) Swim Less	Swim (12noon-1pm) ₁	om General Sv	vim Lane Swim	School St	vimming 1	(11.30am-12.30pm) Slow & Steady Social Swim		General S (12noon-1 um	pm) (12nooi 1pm)	n- (12noon-1pm)	Swim (12pm- 1pm)
Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice	_ 2pm		1-1.30pm) 2	(Ducklings	Lane Swim (1pm-2pm) 2	(12.30pm-1.30 pm Staff Tr	1.30pm)	School St (1pm-1	.30pm) 2	(12.30pm	-1.30pm) 21	General S (1pm-2pn			Lane Swim (1pm -2pm)
and guidance around chronic pain management. Gentle Aquacise:	-	School S (1.45pm		General Swim (2pm-3pm)	Lane Swim (2pm-3pm)	(1.30pm-2 om Inclusive S	Inclusive	General Swim (2pm-3pm)	Lane Swim (2pm-3pm)	Aqua (2pm-			un Splash -3pm)	Family Fun Sp	lash
Using benefits of water resistance: Gentle exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	3pm	General Swim	Lane Swim	General Swim	Lane Swim	(2.30pm-3.30		General Swim	Lane Swim		plash	Inclusive S		General Swim	Lane Swim
School Swimming: This session is used for local schools to learn the important, life-saving skill Swimming!	4pm	General Swim	(3pm-4pm) Lane Swim	(3pm-4pm)	(3pm-4pm) 4 General Swim	om Supporte (3.30pm-		(3pm-4pm) Swim Lessons (Discovery Ducklings)	(3pm-4pm) ₄	General S	wim Lane	m	(3pm-4p	40 m	-4pm)
Family Fun Splash: An open swimming session with floats! It's	_ 5pm	(4pm-5pm)	(4pm-5pm)	Swim Lessons	(4pm-5pm) ₅ General	um General Sv	vim Lane	Swim Lessons (Ducklings) General	Swim 5 Lessons	(4pm-5pm hm Hallowed	en Family	m		5. m	
suitable for all abilities & great for family bonding! Swim Lessons: Our WaterWise 'Learn to Swim' programme!	_ 6pm	(5pm-6pm	C. A.	General	Swim (5pm-6pm) 6p Lane	(5pm-6pm) vm	(5pm-6pm)	Swim (5pm-6pm) Adult Swim Lessons	Lane 6	Fun S ^{(5pm-} General		·m		6r m	
WaterWise memberships include general swimming at any time At any venue!	7pm	Swim (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)	Aqua (6pm-:	⁷ pm)	(Intermediates) Adult Swim Lessons (Beginners)	Swim (6pm-7pm)	Swim (6pm-7pm) em	Swim (6pm-7pm)			7 _p m	
becoming wiser about water! You can him lesson learn more on our website #PoolPower	_ 8pm		acise -8pm)	Adult Only Swim (7pm-8pm, 16yrs+)	Adult Lane Swim (7pm-8pm, 16yrs+)	Swim [']	Adult Lane Swim (7pm-8pm, 16yrs+)	General Swim (7pm-8pm)	Lane Swim (7pm-8pm)	Adult Only Swim (7pm-8pm, 16yrs+)	Adult Lane Swim (7pm-8pm, 16yrs+)				
Pre-booking: We strongly advise booking your swimming sessions in advance to avoid potential disappointment.	ории		0	ym 			0				o,	<u>.</u>		opini	
Potential Changes:	9pm		9	and via our free	9)III	9	m .	9	m	91	m		9 m	

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Or download our free MV app!

Exercise Class Programme

Half Term 20th October - 26th October

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm **MONDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** SUNDAY Gentle Aquacise*: In the Swimming Pool Using benefits of water resistance: Gentle 6am exercises that improve flexibility, endurance and 6am strength. (An ideal class for injury recovery.) Circuits**: In Engine Room Two High-energy and fast paced! Move your way 7am around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps. Cardio Dumbbell** YOGA** Yoga**: In Engine Room Two 8am 8am YOGA** Pilates** Physical and mental exercises, using stretching and breathing to help improve posture & core YOGA** YOGA** stability. Helpful to relax and release stress! YOGA* 9am 9am Gentle Yoga**: In Engine Room Two Cvcle~ Seated Exercise* A slow-paced class moves through a series of gentle Aquacise* movements connecting your breath to your body, Aquacise' 10am improving relaxation, flexibility & recovery. Suitable for 10am Ageless* those with pain, trouble sleeping, anxiety and/or stress. Kettlebell Circuits* Breathwork* **Fighting** Body Conditioning**: In Engine Room Two Agile 11am Fit** (cance 11am An aerobics-style warm up with muscle-toning BodyWeight Strength exercises. A great class for shaping & toning up! Cycle~ Zumba** Pilates^{*} Kettlebell Circuits**: In Engine Room Two 12pm 12pm Designed not just to improve health - But also Aquacise* to improve your core strength, balance, mobility, Pilates* Yoga** flexibility and even your overall co-ordination! Core & Stretch**: In Engine Room Two 1pm 1pm Improve your posture, balance, mobility and Stretch & Mobility Gentle Yoga** stability through light exercises and stretching. Body Conditioning* Strength Dumbbell^{*} 2pm 2pm Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Pilates** Combine cardio and endurance in a Aquacise* calorie-crunching cycle session! 3pm 3pm Boxercise® Circuits**: In Engine Room Two YOGA** Cardio BodyWeight* BodyWeight Strength* YOGA** Boxercise® is an extremely popular form of fitness training. The punches taught include jab. 4pm 4pm cross, hooks and uppercuts. Includes a range of Instructor-led Classes - NEW to our programme circuit training exercises for a full body workout! Cardio BodyWeight* Strength Dumbbell* INTRO TO CYCLE~ (In Engine Room One) ew to indoor cycling? Start here. Our 30-minute Intro to Cycle blends relaxed chat, eas Ageless & Agile***: Takes place inside The Signal iding, and expert guidance so you can try it out without the sweat or stress of a full cla Box (inside our venue) FREE for MV members or only 5pm 5 minutes of gentle pedalling and tips from your instructor to help you feel ready for more. £3.00 per session. Accessible to all - But tailored Boxercise Circuits st SFATFD EXERCISE*** (In The Signal Box) for adults who may suffer with health conditions. Circuits** arious physical activities are performed while sitting or using a chair to support. Suitable Your weekly social and opportunity to meet new Cvcle~ 6pm 6pm people! With lots of activities, exercises and health & wellbeing advice, expect activities and FIGHTING FIT Cancer Support Class** (In Engine Room Two) Cardio BodyWeight* Strength Dumbbell* A referral programme supporting people living with/recovering from cancer in Lincolnshir Please note this is not delivered by Magna Vitae. (www.lincolncityfoundation.com/fightingfit games like: Boccia, crafts, group events (i.e. sports Aquacise³ days), nostalgic games, seated exercises, quizzes. Body Body Conditioning Virtual Classes - delivered by FIIT: ** = Engine Room One ~ = Engine Room Two And even discussing health awareness topics like 7pm Conditioning** dementia and diabetes! Stretch & Mobility* CARDIO DUMBBELL** High intensity. Tone muscle and build stamina using dumbbells. Aquacise^{*} Cycle~ Strength Dumbell* CARDIO BODYWFIGHT** High intensity. Tone muscle and build stamina Zumba**: In Engine Room Two Combining the calorie-burning benefits of YOGA** Become more relaxed and focused. Tune in... Tone up... & Find your zen. 8pm 8pm aerobics - with fun dance moves. Get fitter Pilates* YOGA** STRENGTH DUMBBELL** Bodyweight equipment & resistance training using dumbhells and have fun with a sprinkle of Latin spirit! BODYWEIGHT STRENGTH** Bodyweight and resistance training. Build & sculpt muscle. Strong** with Venia: In Engine Room Two 9pm 9pm BIKE** Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride! Strong combines high intensity interval training BREATHWORK** Improve joint health and flexibility, build core strength and prevent injury. with the science of synced music. Motivation. Download Magna Vitae's music and moves in every class, synced perfectly STRETCH & MOBILITY** To improve mobility, flexibility & mental focus through stretch work. to push you beyond your limits. app for FREE! Be 'appy. PILATES** Combine stretching and strength work to improve posture and mobility.

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

Bookings can be made up to 7 days in advance.

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QR code to browse our websi Prices for Exercise Classes: 45 minutes to 1 hour

Von Memhers £7.55 £9.55 Yoga/Pilates Classes

App Store MV Card MV Card with Concession £6.25 £5.65

£7.10

£7.80

Google play Magna Vitae Member

FREE!

FREE!



Swimming Pool Programme

Half Term | 27th October - 2nd November

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

General Swim Session:		MONDAY	TUES	DAY	WEDNE	SDAY	THUR	SDAY	FRIDAY		SATU	JRDAY	SUNDAY	
This is an open swimming pool session, suitable for all. Perfect for practice or to splash around!	_ 6am		hm		m	60	m	6	am		m		m · · · · · · · · · · · · · · · · · · ·	
Lane Swim Session: The swimming pool will be split into 4 lanes. (Two slow lanes, one medium lane and one fast lane.) Lane etiquette and visual directions are situated at the end of the lanes.	7am	General Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am) (Lane Swim 6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)	General Swim (6.30am-7.30am)	Lane Swim (6.30am-7.30am)			om	7
Aquacise: Using benefits of water resistance for a low	- 8am	General Lane Swim Swim (7.30am-8.30am) (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am) (Lane Swim 7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)	General Swim (7.30am-8.30am)	Lane Swim (7.30am-8.30am)		8	Madult Only Adult L	
impact cardio & muscle toning workout that can suit a wide range of abilities/user groups. Slow & Steady Social Swim:	– 9am	Swim Swim	^{ım} Club	kfast Swim -9.30am)	General Swim	Lane Swim	Brea Club (8.30am	Swim	General Swim	Lane Swim		Lane	Swim Swin (8am-9am, 16yrs+) (8am-9am, 1	
An ideal session for those who are looking for a slower-paced swim. This session is for ages 16yrs+ and is suitable for	10am	(8.30am-9.30am) (8.30am-9.30am) Lane Swim (9.30am-10.30am)	(8.30am	-9.30am) 10	am Aqua		Hallowee	en Family	(8.30am-9.30am)		Swim amLessons	Swim (9am-10am)	Aquacise (9am-10am))am	Lane
all abilities! (Enjoy a discounted drink at the on-site Whistle Stop Bistro)	_ 11am	Gentle Aquacise 11	Family Fu (10am-1		(9.30am-1	Steady	(9.30am- am General S	10.30am)		(9.30am-10.30am) Gentle Aquacise 11a		Lane Swim (10am-11am) _{1 1}		Swim (10am- 11am)
Adults Only Swim: This session is for adults only (aged 16yrs+). During this session, there will be two single lanes available and one double lane.	11am	(10.30am-11.30am) Slow & Steady	Family Fu		Slow & Slow	1.30am)	(11.30am-12.3	30pm) (11.30am- 12.30pm)	(10.30am-			un Splash -12noon)	Family Fun Splas (11am-12noon)	
Inclusive Swim: An open session with one lane, factoring in	-12pm	Social Swim (11.30am-12.30pm)	general Swim	Lane Swim	Social : (11.30am-1	Swim 12 (2.30pm)	pm Aqu i (11.30am	acise 12 -12.30pm) 	om Family Fu (11.30am-	12.30pm)	om General S (12noon-1			Lane Swim
sensory & behaviour needs. We won't have music playing and will use natural lighting where possible.	_ 1pm _	Slow & Steady Social Swim (12.30pm-1.30pm)	General	(12noon-1pm) ₁	m General Sv (12.30pm-1.30		Family Fu (12.30pm	un Splash 1 n-1.30pm)	Slow & Steady Social Swim (12.30pm-1.30pm)		m	al Swim	Communication I	1pm) Lane
Supported Swim Session: Involves swim-based exercises for those on health-referral programmes, providing advice and guidance around chronic pain management.	2pm	Family Fun Splash 2 (1.30pm-2.30pm)	Swim pm ^(1pm-2pm)	Swim (1pm-2pm) 2	m Family Fur (1.30pm-2		ım 	2	lem .	21	(1pm ym	n-2pm)	(1pm-2pm)	(1pm -2pm)
Gentle Aquacise: Using benefits of water resistance: Gentle	_ 3рт	3	Family Fu (2pm-	3pm) 3,	m Inclusive S		Family Fu	3pm) 3	(2pm-	3		un Splash -3pm) 3	Family Fun Splas (2pm-3pm) m	
exercises that improve flexibility, endurance and strength. (An ideal class for injury recovery.)	- 1000	Family Fun Splash (3pm-4pm)	General Sv (3pm-4pm		(2.30pm-3.30pm) om Supporte	3.30pm)	General Swim (3pm-4pm)	Lane Swim (3pm-4pm)	Hallowee Fun S	plash	Inclusive (3pm-4pr			Lane Swim (3pm -4pm)
School Swimming: This session is used for local schools to learn the important, life-saving skill Swimming!	4pm	General Swim (4pm-5pm) Lane Swim (4pm (4pm		General Swim	(3.30pm-4		Swim Lessons (Discovery Ducklings) Swim Lessons	4	General Sv (4pm-5pm					-4pm)
Family Fun Splash: An open swimming session with floats! It's suitable for all abilities & great for family bonding!	5pm	Family Fun Splash	Swim Lessons	(4pm-5pm) 5 General Swim	General Sw		(Ducklings) General Swim	Swim 5 Lessons	Hallowed	en Family	ım .	5	m	
Swim Lessons:	_ 6pm	(5pm-6pm) General Lane	General	(5pm-6pm) Lane	(5pm-6pm) •m Aqua	(5pm-6pm)	(5pm-6pm) Adult Swim Lessons (Intermediates)	Lane 6	m (5pm- General	Lane	m	6	em	
WaterWise memberships include general swimming at any time At any venue! One perk of many others, whilst	7pm	Swim (6pm-7pm) (6pm-7pm)	Swim (6pm-7pm)	Swim (6pm-7pm)	(6pm-7	⁷ pm)	Adult Swim Lessons (Beginners)	Swim (6pm-7pm) Zane	Swim (6pm-7pm)	Swim (6pm-7pm)				
becoming wiser about water! You can learn more on our website #PoolPower • Pre-booking:	_ 8pm	Aquacise (7pm-8pm)	Adult Only Swim (7pm-8pm, 16yrs+)	Adult Lane Swim (7pm-8pm, 16yrs+)	Adult Only Swim (7pm-8pm, 16yrs+)	Swim	General Swim (7pm-8pm)	Swim (7pm-8pm)	Adult Only Swim (7pm-8pm, 16yrs+)	Adult Lane Swim (7pm-8pm, 16yrs+)				
We strongly advise booking your swimming sessions in advance to avoid potential disappointment.					711					0;				
Potential Changes:	9pm	9	ym -	9,	m	9	m	9	m	91	m	9	m	

• 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.

Scan me!

Prices for Swimming

Prices for 5W	vimming:				
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!



Unfortuantely 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!

Exercise Class Programme

Half Term | 27th October - 2nd November

Venue Opening Times | Monday to Friday: 6.30am-9pm | Saturday & Sunday: 8am-4pm **MONDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** SUNDAY Gentle Aquacise*: In the Swimming Pool Using benefits of water resistance: Gentle 6am exercises that improve flexibility, endurance and 6am strength. (An ideal class for injury recovery.) Circuits**: In Engine Room Two High-energy and fast paced! Move your way 7am around a variety of equipment & exercises. One "circuit" = a completed round of all exercises reps. Cardio Dumbbell** YOGA** Yoga**: In Engine Room Two 8am 8am YOGA** Pilates** Physical and mental exercises, using stretching and breathing to help improve posture & core YOGA** YOGA** stability. Helpful to relax and release stress! YOGA* 9am 9am Gentle Yoga**: In Engine Room Two Cvcle~ Seated Exercise* A slow-paced class moves through a series of gentle Aquacise* movements connecting your breath to your body, 10am improving relaxation, flexibility & recovery. Suitable for 10am Aquacise' Ageless* those with pain, trouble sleeping, anxiety and/or stress. Kettlebell Circuits** Breathwork* **Fighting** Body Conditioning**: In Engine Room Two Agile 11am Fit** (cance 11am An aerobics-style warm up with muscle-toning BodyWeight Strength exercises. A great class for shaping & toning up! Cycle~ Zumba** Pilates^{*} Kettlebell Circuits**: In Engine Room Two 12pm 12pm Designed not just to improve health - But also Aquacise* to improve your core strength, balance, mobility, Pilates* Yoga** flexibility and even your overall co-ordination! Core & Stretch**: In Engine Room Two 1pm 1pm Improve your posture, balance, mobility and Stretch & Mobility Gentle Yoga** stability through light exercises and stretching. Body Conditioning* Strength Dumbbell^{*} 2pm 2pm Cycle~: In Engine Room One High-intensity exercise class on a stationary bike. Pilates** Combine cardio and endurance in a Aquacise* calorie-crunching cycle session! 3pm 3pm Boxercise® Circuits**: In Engine Room Two YOGA** Cardio BodyWeight* BodyWeight Strength* YOGA** Boxercise® is an extremely popular form of fitness training. The punches taught include jab. 4pm 4pm cross, hooks and uppercuts. Includes a range of Instructor-led Classes - NEW to our programme circuit training exercises for a full body workout! Cardio BodyWeight* Strength Dumbbell* INTRO TO CYCLE~ (In Engine Room One) ew to indoor cycling? Start here. Our 30-minute Intro to Cycle blends relaxed chat, eas Ageless & Agile***: Takes place inside The Signal iding, and expert guidance so you can try it out without the sweat or stress of a full cla Box (inside our venue) FREE for MV members or only 5pm 5 minutes of gentle pedalling and tips from your instructor to help you feel ready for more. £3.00 per session. Accessible to all - But tailored Boxercise Circuits st for adults who may suffer with health conditions. SFATFD EXERCISE*** (In The Signal Box) Circuits** arious physical activities are performed while sitting or using a chair to support. Suitable Your weekly social and opportunity to meet new Cvcle~ 6pm 6pm people! With lots of activities, exercises and health & wellbeing advice, expect activities and FIGHTING FIT Cancer Support Class** (In Engine Room Two) Cardio BodyWeight* Strength Dumbbell* A referral programme supporting people living with/recovering from cancer in Lincolnshir Please note this is not delivered by Magna Vitae. (www.lincolncityfoundation.com/fightingfit games like: Boccia, crafts, group events (i.e. sports Aquacise³ days), nostalgic games, seated exercises, quizzes. Body Body Conditioning Virtual Classes - delivered by FIIT: ** = Engine Room One ~ = Engine Room Two And even discussing health awareness topics like 7pm Conditioning** dementia and diabetes! Stretch & Mobility* CARDIO DUMBBELL** High intensity. Tone muscle and build stamina using dumbbells. Aquacise^{*} Cycle~ Strength Dumbell* CARDIO BODYWFIGHT** High intensity. Tone muscle and build stamina Zumba**: In Engine Room Two Combining the calorie-burning benefits of YOGA** Become more relaxed and focused. Tune in... Tone up... & Find your zen. 8pm 8pm aerobics - with fun dance moves. Get fitter Pilates* YOGA** STRENGTH DUMBBELL** Bodyweight equipment & resistance training using dumbhells and have fun with a sprinkle of Latin spirit! BODYWEIGHT STRENGTH** Bodyweight and resistance training. Build & sculpt muscle. Strong** with Venia: In Engine Room Two 9pm 9pm BIKE** Using revolutions per minute (RPM) and resistance - Replicate a real-life bike ride! Strong combines high intensity interval training BREATHWORK** Improve joint health and flexibility, build core strength and prevent injury. with the science of synced music. Motivation. Download Magna Vitae's music and moves in every class, synced perfectly STRETCH & MOBILITY** To improve mobility, flexibility & mental focus through stretch work. to push you beyond your limits. app for FREE! Be 'appy. PILATES** Combine stretching and strength work to improve posture and mobility. You can book online and via our free Magna Vitae app! Find out more about our classes & activities, scan the BIKE~ Using revolutions per minute (RPM) and resistance. Replicate a real-life bike ride App Store Google play

Bookings can be made up to 7 days in advance.

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Need to cancel a booking? You must cancel 48 hours in advance (at least) to claim a refund.

Prices for Exercise Classes: Non N Gener 45 minutes to 1 hour £2.

V Card MV Card with Concession (Subscription Holder)

6.25 £5.65 FREE!

7.80 £7.10 FREE!

