

EMBASSY SWIMMING POOL & FITNESS SUITE

'live a great life!'

Fitness Programme
June - September 2017

- AQUACISE** - using the benefits of water resistance for a low impact cardio and muscle toning workout that can suit a wide range of abilities and user groups.
- AQUAJOG** - burn calories in this water-based session that mixes high intensity with low impact (completed in buoyancy belts - provided).
- BODY BALANCE** - A stretch, abdominal and balance session, focusing on function and mobility.
- BOXERCISE** - punch your way to fitness while working your whole body using boxing techniques. Great fun so you hardly notice how hard you're working!
- CIRCUITS** - Traditional circuit training incorporating large compound bodyweight movements to build to great all-round fitness. Gym sessions have limited availability.
- CLUBBERCISE** - it's all about having fun and dancing to great dance hits in an atmosphere unlike any other. Move to the beat and shake the glow sticks.
- CORE & BACK REHAB** - This toning and rehabilitation class will help you improve midsection strength and tone as well as address common weaknesses that can cause back pain.
- EXERCISE REFERRAL** - sessions supervised by specifically trained staff based on helping people with a range of medical and rehabilitatory needs. Ask us for details - or speak to your medical professional.
- GOTRI** - Small group sessions designed to achieve your triathlon goals for those who've never done it and those who can't stop doing it. Gym and pool based. Booking advised.
- INDOOR CYCLING** - An Indoor cycling session designed to help you get fit and burn calories. Try some of the half hour sessions to see how they work for you.
- KETTLE BELLS** - A full body workout using kettlebells. Aimed at building all round muscular tone and cardiovascular fitness. These sessions work for both building muscle and burning fat.
- KIDS CIRCUITS** - Supervised circuit sessions for children aged 11 to 15 years. Designed to help them build the foundations of a healthy and fit lifestyle.
- LEGS, BUMS & TUMS** - Our new circuit based session specifically targets those trouble areas - this is a toning session with a whole lot of cardio thrown in!
- PILATES** - These sessions are all about control and balance and are designed to improve strength, posture as well as flexibility.
- YOGA** - places equal importance on enhancing physical and mental well-being through meditation and the adoption of highly controlled body postures.
- ZUMBA** - a dance based session combining the calorie burning benefits of traditional aerobics with up-to-date music and fun dance moves.

Embassy Swimming Pool & Fitness Suite

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www.magnavitae.org

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

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
7am								7am
8am								8am
9am			Zumba		Legs, Bums & Tums	Under construction:	Exercise Referral	9am
10am	Circuits - Gym	Circuits - Gym	Boxercise	Indoor Cycling	Core & Back Rehab	Have your say		10am
11am	Juniors Circuits	GoTri - Gym or Pool	Core & Back Rehab	Kettle Bells		Ask at reception for information		11am
12pm			*Low Impact Aquacise	Balance/Mobility	*Low Impact Aquacise		*Low Impact Aquacise	12pm
1pm				Zumba		Zumba	GoTri - Gym or Pool	1pm
2pm				Exercise Referral	Exercise Referral		Exercise Referral	2pm
3pm								3pm
4pm								4pm
5pm								5pm
6pm			Indoor Cycling	Boxercise	Kettle Bells	Boxercise		6pm
7pm			Kettle Bells	*Aquajog	*Aquacise	Circuits - Gym		7pm
8pm			Pilates Yoga	Club-ercise	Indoor Cycling	*Aquacise		8pm
9pm					Zumba			9pm
10pm								10pm

All Classes are for 16 years and above unless labelled otherwise.

*These classes take place in the Swimming Pool

Payment must be made on booking. A booking can be made up to a week in advance. Please note: bookings must be cancelled at least 48 hours in advance for a refund.

Information is correct at time of printing - 06/2017. The Magna Vitae Facility Management Team reserves the right to alter sessions, times and charges.