

SKEGNESS POOL & FITNESS SUITE

Exercise Programme

From Thursday 3rd January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7am								7am
8am								8am
9am								9am
10am	Zumba							10am
11am	Yoga	Balanc-ability	****Bolly-wood	Core & Stretch	Cycle	**MV Strength	**MV Strength	11am
12pm	Core & Back Rehab	*Low Impact Aquacise	****Yoga	Kettle-cise	Strong Zumba	**MV CORE	**MV HITT	12pm
1pm			*Low Impact Aquacise	Yogalates		*Low Impact Aquacise	Junior Circuits	1pm
2pm		Cycle						2pm
3pm								3pm
4pm								4pm
5pm	Junior Fitness	Junior Fitness	Junior Fitness	Junior Fitness	Junior Fitness			5pm
6pm		BoxFit	Strong Zumba	*Aqua Jog	**MV Strength			6pm
7pm	Kettle & Core	Strong Zumba	****Triple A!	Cycle	**MV HITT			7pm
8pm	***NEON FIT							8pm
9pm								9pm

*These classes take place in the Swimming Pool

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

**These classes take place in the Fitness Suite

*** These classes take place in the Embassy Theatre Arts Room (Community based classes)

**** These classes take place at Wainfleet Road Pavilion, Wainfleet Road Skegness (Community based classes)

- 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.
- AQUA JOG** - Burn calories in this water-based session that mixes high intensity with low impact. (Buoyancy belts provided).
- BALANCABILITY** - A stretch, abdominal and balance session, focusing on function and mobility.
- BOX-FIT** - Punch your way to fitness while working your whole body using boxing techniques. Great fun so you hardly notice how hard you're working!
- NEON FIT** - 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** - Reduce back pain and improve abdominal tone by building core strength and balance in these sessions.
- CORE & STRETCH** - A class combining stretching and strength work to improve posture and mobility on the muscles around the spine.
- CYCLE** - Cycling sessions designed to boost your cardiovascular fitness and burn fat! Check out our sessions to see how they fit for you.
- JUNIORS CIRCUITS** - An instructor led gym based circuit session for Juniors.
- JUNIORS FITNESS** - An open slot for our junior members to use the gym. Please be aware that this is not a class based session and will not be instructor led.
- KETTLE & CORE** - Rip fat, improve muscle tone and get fit in this all round, full body, circuit based workout. With a wide choice of weights, it's your session, every time. Everyone welcome!
- MV CORE** - 30minutes targeting your midsection and glutes to help improve muscle tone around the midsection and posture.
- MV HITT** - 30minutes of interval based cardiovascular training, using a variety of body weight exercises, and our new Skillmill and Ski ERG.
- MV STRENGTH** - 30minutes of structured exercise using a range of exercise to target all the major muscles to help improve muscle tone.
- STRONG ZUMBA** - Strong By Zumba is a high intensity interval class (HITT) that's synced to specific music. There is no dancing and is physically more demanding and a greater all body workout.
- TRIPLE A!** - Abs, arms and well everything else we all care about - join us in this intensive circuit based session!
- YOGA** - A physical and mental exercise using stretching and breathing to help improve posture and core stability while helping you relax and release stress.
- YOGALATES** - A mix of Pilates and Yoga designed to increase mobility, muscle, tone, flexibility and leave you feeling centred and calm.
- ZUMBA** - A dance based session combining the calorie burning benefits of traditional aerobics with up-to-date music and fun dance moves.

Information is correct at time of printing - 06/2018. The Magna Vitae Facility Management Team reserves the right to alter sessions, times and charges.

Skegness Pool & Fitness Suite
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MV SSP 012/18 V3
 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.

