

### MONDAY

06.15 - 06.45	● HIIT Training (PF ZONE)	Paul
09.30 - 10.30	● Pilates	Jane
09.45 - 10.30	● Circuit Training (PF ZONE)	Paul
10.35 - 11.20	● Zumba Express	Chloe
11.30 - 12.15	● Legs, Bums & Tums	Chloe
12.20 - 13.05	● Dance Fit	Chloe
12.30 - 13.15	● Aqua Aerobics*	Louise
14.00 - 14.45	● Boxing Training (PF ZONE)	Paul
17.30 - 18.15	● Pilates	Louise
18.15 - 19.00	● Bootcamp (PF ZONE)	Craig
18.20 - 19.05	● Zumba Express	Kasia
18.30 - 19.15	● Aqua Aerobics	Louise
19.10 - 19.55	● Group Cycle 45 (GROUP CYCLE ZONE)	Karen M
20.00 - 20.45	● Boxing Training (PF ZONE)	Craig
20.00 - 21.00	● Bodypump	Karen M

### TUESDAY

06.45 - 07.15	● True GRIT	Hannah
09.30 - 10.15	● Low Impact Aerobics	Jane
10.30 - 11.00	● Hybrid 30 (PF ZONE)	Fitness Team
10.30 - 11.30	● Bodypump	Hannah
11.35 - 12.20	● Group Cycle 45 (GROUP CYCLE ZONE)	Louise
13.00 - 13.45	● Girls That Lift (GYM FLOOR)	Fitness Team
17.25 - 18.10	● Bodypump Express	Karen M
18.00 - 18.30	● Kettlebell Training (PF ZONE)	Jack
18.20 - 19.05	● Legs, Bums & Tums	Glen
19.10 - 19.55	● Zumba Express	Becky
19.30 - 20.25	● Climb Fitness**	SnowDome Team
19.55 - 20.25	● Group Cycle 30 (GROUP CYCLE ZONE)	Malachi
20.30 - 21.30	● Circl Mobility	Kasia

### WEDNESDAY

06.15 - 06.45	● Group Cycle 30 (GROUP CYCLE ZONE)	Louise
09.00 - 09.45	● Low Impact Aerobics	Laura
09.50 - 10.20	● Group Cycle 30 (GROUP CYCLE ZONE)	Louise
10.25 - 10.55	● Metafit	Louise
11.00 - 11.30	● Core (PF ZONE)	Fitness Team
11.00 - 11.45	● Clubbercise	Sarah
12.15 - 13.15	● Yoga	Sydney
13.00 - 13.45	● Girls That Lift (GYM FLOOR)	Fitness Team
17.15 - 18.00	● Group Cycle 45 (GROUP CYCLE ZONE)	Karen M
18.00 - 18.45	● Circuit Training (PF ZONE) <span style="color:blue">NEW</span>	Fitness Team
18.05 - 18.50	● Bodypump Express	Karen M
19.00 - 19.30	● Metafit	Louise
19.15 - 20.00	● Aqua Zumba	Kasia
20.15 - 21.00	● STRONG Nation <span style="color:blue">NEW</span>	Kasia

### THURSDAY

06.15 - 07.00	● Boxing Training (PF ZONE)	Paul
09.30 - 10.15	● Low Impact Aerobics	Laura
09.45 - 10.15	● TRX (PF ZONE)	Paul
10.30 - 11.15	● Aqua Aerobics*	Louise
10.30 - 11.30	● Bodypump	Hannah
11.40 - 12.10	● True GRIT	Hannah
14.15 - 14.45	● Kettlebell Training (PF ZONE)	Fitness Team
17.30 - 18.30	● Bodypump	Sarah
18.00 - 18.30	● Core (PF ZONE)	Fitness Team
18.35 - 19.20	● Combat	Sarah
19.00 - 19.45	● Girls That Lift (GYM FLOOR)	Fitness Team
19.25 - 20.10	● Group Cycle 45 (GROUP CYCLE ZONE)	Kev
20.15 - 21.15	● Yoga	Sydney

### FRIDAY

06.45 - 07.15	● True GRIT	Hannah
09.30 - 10.30	● Bodypump	Hannah
09.45 - 10.15	● SynrgyHIIT (PF ZONE)	Fitness Team
10.40 - 11.40	● Zumba	Hannah
12.15 - 13.15	● Yoga	Sydney
14.15 - 14.45	● Core & Cardio (PF ZONE)	Fitness Team
17.45 - 18.30	● Legs, Bums & Tums	Sarah
18.00 - 18.45	● Bootcamp For All (PF ZONE)	Fitness Team
18.40 - 19.25	● Group Cycle 45 (GROUP CYCLE ZONE)	Malachi

### SATURDAY

09.00 - 09.45	● Group Cycle 45 (GROUP CYCLE ZONE)	Glen
10.00 - 10.45	● Circuit Training (PF ZONE)	Fitness Team
10.00 - 11.00	● Bodypump	Glen
11.15 - 12.00	● Clubbercise	Sarah

### SUNDAY

09.40 - 10.40	● Freestyle Pump	Malachi
10.00 - 10.45	● Bootcamp For All (PF ZONE)	Fitness Team
10.50 - 11.35	● Zumba Express	Chloe
12.00 - 13.00	● Fitness Yoga	Laura

- Cardio
- Strength/Toning
- Total Body Workout
- Holistic

All classes take place in the studio unless otherwise stated. Please note that no studio or pool classes will run on Bank Holidays. Members may pre-book fitness classes up to 7 days in advance. Non-members may pre-book up to 48 hours in advance. Call 03448 000011 or see reception. See over for class descriptions. Timetable may be subject to change. Fitness Classes are FREE to SnowDome Fitness Members (subject to membership subscription access times). Adult non-members £7 per class. \*This class will take place at 8.30am when the school holiday timetable is in effect. \*\*Exclusively for SnowDome Fitness members on any subscription type during term time and must be pre-booked.

## FITNESS CLASS DESCRIPTION GUIDE

#### AQUA AEROBICS

A low impact cardio and toning workout designed to increase the heart rate while having fun in the water.

#### BODYPUMP/BODYPUMP EXPRESS

Uses changeable barbell weights to challenge and strengthen all the major muscle groups. Great for toning and/or losing inches and improving your body shape.

#### BOOT CAMP/BOOT CAMP FOR ALL

Your fitness levels will be put to the test in this challenging circuit based workout designed to burn fat and improve muscular tone. Junior fitness members are welcome to join the Bootcamp for all class.

#### BOXING TRAINING

Learn basic boxing punches and footwork as part of this fun fast paced workout. Please bring your own gloves.

#### CIRCL MOBILITY

Based on the science of functional movement, this class focuses on flexibility, breathwork and mobility exercises. If you like Pilates, give this a try!

#### CIRCUIT TRAINING

This is a high intensity circuit based workout that will burn fat, build muscle and improve your overall fitness.

#### CLIMB FITNESS

Take on our 15 different climb lines across both 6 and 10 metre climbing walls. Improve overall strength whilst learning an exciting new sport, all on the exciting new SnowDome Climb. Sessions are exclusively for SnowDome Fitness members on any subscription type during term time and must be pre-booked.

#### CLUBBERCISE

This involves fun, easy-to-follow dance fitness routines, using glow sticks to club anthems from 90's classics, to the latest chart hits, complete with disco lights. You will need to purchase reusable glow sticks for £5 from the instructor in order to do this class.

#### COMBAT

The ultimate warrior workout where you will learn to punch, kick, block and strike. It targets every muscle group, develops co-ordination and releases stress while destroying calories.

#### CORE

This class is not only designed to tighten and tone your abdominals but also target the central muscles of the body, improving posture, balance and athletic performance.

#### CORE & CARDIO

Incorporating a mixture of body weight conditioning and core exercises using minimal equipment, this is designed to get those abdominals switched on and working hard. Suitable for all levels this is the ultimate abdominal toning class.

#### DANCE FIT

Specially choreographed, this class includes several different dance styles including Salsa and Line Dancing. Ideal for all ages and abilities.

#### FREESTYLE PUMP

A new twist on the traditional BodyPump class but with all the benefits. This fun and effective barbell workout is ideal for those looking to tone up, burn calories, reduce body fat and build muscle.

#### GIRLS THAT LIFT

Exclusively for women, this class focuses on strong being the new sexy. So channel your girl power, improve muscle tone and burn calories.

#### GROUP CYCLE 30

The 30 minute High Intensity Interval Training (HIIT) session will revolutionise your spin workout.

#### GROUP CYCLE 45

Group Cycle Connect is the only indoor cycling spin class that tracks workouts, enabling users to improve their performance through a totally immersive riding experience. This involves seated pedalling, sprinting and standing on a stationary indoor bike.

#### HIIT TRAINING

Consisting of bouts of high intensity exercises followed by short recovery periods, High Intensity Interval Training (or HIIT) is the best way to lose fat without losing muscle mass. The post exercise benefits are also massive.

#### HYBRID 30

Based on the increasingly popular global fitness race, this endurance focused class incorporates functional strength and high intensity interval training (HIIT). Designed for every body this class will help you take your training to a new level.

#### KETTLEBELL TRAINING

This type of training is effective in obliterating body fat, producing toned, firm physiques while at the same time boosting stamina, strength and power.

#### LEGS, BUMS & TUMS

This is a fun way to get a leaner, firmer body by targeting the leg, bum and abdominal area.

#### LOW IMPACT AEROBICS

A lower impact version of aerobics aimed at beginners, active mature people or those recovering from an injury or illness.

#### METAFIT

Combines traditional bodyweight exercises with the latest Tabata/HIIT techniques to set your metabolism on fire!

#### PILATES

Uses controlled movements to strengthen the core muscles and improve flexibility, posture, body awareness, balance, strength and stamina.

#### SYNRGY HIIT

A circuit based HIIT workout incorporating the Synrgy360 frame. This ground breaking system provides a fun, inviting and motivational workout experience for all.

#### STRONG NATION NEW

This energetic workout combines bodyweight, muscle conditioning, cardio and plyometric training synced to original music that has been specifically designed to match every single move. You'll burn calories while toning your arms, legs, abs and glutes. Every squat, lunge, burpee is driven by the music, so stop counting the reps and start training to the beat to help you make it to that last rep, and maybe even five more!

#### TRUE GRIT

This brand of High Intensity Interval Training involves 3 different classes; a cardio, plyometric and strength workout which changes on a weekly basis to get results fast.

#### BEGINNERS TRX/TRX

TRX uses your own body weight to perform high intensity exercises that will improve your muscle tone and burn fat.

#### YOGA/FITNESS YOGA

Yoga focuses on posture, alignment and breathing to harmonise the mind and body.

#### ZUMBA/ZUMBA EXPRESS

This fuses hypnotic Latin rhythms and easy to follow dance moves to create a unique class.