

### MONDAY 23RD DECEMBER

06.15 - 06.45	● HIIT Training (PF ZONE)	Paul
08.30 - 09.15	● Aqua Aerobics*	Vicki
09.30 - 10.30	● Pilates	Julie
10.00 - 10.30	● TRX (PF ZONE)	Fitness Team
10.30 - 11.15	● Zumba Express	Chloe
11.25 - 12.10	● Legs, Bums & Tums	Abi T
12.15 - 13.00	● 50+ Dance Fit	Chloe
14.00 - 14.45	● Boxing Training (PF ZONE)	Paul
17.30 - 18.15	● Boot Camp (PF ZONE) <b>F</b>	Fitness Team
17.45 - 18.30	● Club Aerobics	Chloe
18.15 - 18.45	● TRX (PF ZONE)	Fitness Team
18.30 - 19.15	● Aqua Aerobics	Abi T
18.35 - 19.05	● Metafit	Louise
19.10 - 19.55	● Group Cycle 45 (GROUP CYCLE ZONE)	Karen M
20.00 - 21.00	● Bodypump	Karen M

### CHRISTMAS EVE

09.15 - 10.00	● Festive Bodyblitz	Glen
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### CHRISTMAS DAY CLOSED

### BOXING DAY NO CLASSES

### FRIDAY 27TH DECEMBER

06.45 - 07.15	● Fast Fit	Hannah
09.30 - 10.30	● Bodypump	Hannah
10.00 - 10.30	● Functional 360 (PF ZONE) <b>F</b>	Fitness Team
10.35 - 11.35	● Zumba	Hannah
11.45 - 12.45	● Yoga	Steve
14.15 - 14.45	● Speed Training (PF ZONE)	Fitness Team
17.45 - 18.30	● Legs, Bums & Tums	Chloe
17.45 - 18.30	● Boot Camp For All (PF ZONE) <b>F</b>	Fitness Team
18.35 - 19.20	● Group Cycle 45 (GROUP CYCLE ZONE)	Louise
18.40 - 19.10	● Core Explosion (PF ZONE)	Fitness Team

### SATURDAY 28TH DECEMBER

09.15 - 10.00	● Group Cycle 45 (GROUP CYCLE ZONE)	Glen
10.00 - 10.45	● Circuit Training (PF ZONE) <b>F</b>	Fitness Team

10.05 - 11.05	● Bodypump	Glen
10.50 - 11.20	● Core Explosion (PF ZONE)	Fitness Team
15.00 - 15.30	● Kettlebell Training (PF ZONE)	Fitness Team

### SUNDAY 29TH DECEMBER

09.40 - 10.40	● Bodypump	Glen
10.30 - 11.15	● Boot Camp For All (PF ZONE) <b>F</b>	Fitness Team
10.45 - 11.30	● Zumba Express	Chloe
12.00 - 13.00	● Yoga	Steve
15.00 - 15.30	● TRX (PF ZONE)	Fitness Team

### MONDAY 30TH DECEMBER

06.15 - 06.45	● HIIT Training (PF ZONE)	Paul
08.30 - 09.15	● Aqua Aerobics*	Vicki
09.30 - 10.30	● Pilates	Vicki
10.00 - 10.30	● TRX (PF ZONE)	Fitness Team
10.30 - 11.15	● Zumba Express	Chloe
11.25 - 12.10	● Legs, Bums & Tums	Vicki
12.15 - 13.00	● 50+ Dance Fit	Chloe
14.00 - 14.45	● Boxing Training (PF ZONE)	Paul
17.30 - 18.15	● Boot Camp (PF ZONE) <b>F</b>	Fitness Team
17.45 - 18.30	● Club Aerobics	Chloe
18.15 - 18.45	● TRX (PF ZONE)	Fitness Team
18.30 - 19.15	● Aqua Aerobics	Vicki
18.35 - 19.05	● Metafit	Louise
19.10 - 19.55	● Group Cycle 45 (GROUP CYCLE ZONE)	Karen M
20.00 - 21.00	● Bodypump	Karen M

### NEW YEARS EVE

09.15 - 10.00	● Festive Bodyblitz	Glen
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### NEW YEARS DAY NO CLASSES

### THURSDAY 2ND JANUARY

06.15 - 06.45	● Total Body Workout (PF ZONE)	Fitness Team
08.30 - 09.15	● Aqua Aerobics*	Vicki
09.30 - 10.15	● Low Impact Aerobics	Nora
10.00 - 10.30	● Beginners TRX (PF ZONE)	Fitness Team
10.30 - 11.30	● Bodypump	Hannah

11.35 - 12.05	● Fast Fit	Hannah
14.15 - 14.45	● TRX (PF ZONE)	Fitness Team
17.30 - 18.30	● Bodypump	Abi T
18.00 - 18.30	● Core Explosion (PF ZONE) <b>F</b>	Fitness Team
18.40 - 19.10	● HIIT Training	Kieron
19.25 - 20.10	● Group Cycle 45 (GROUP CYCLE ZONE)	Kevin M
20.15 - 21.15	● Yogalates	Vicki

### FRIDAY 3RD JANUARY

06.45 - 07.15	● Fast Fit	Hannah
09.30 - 10.30	● Bodypump	Hannah
10.00 - 10.30	● Functional 360 (PF ZONE) <b>F</b>	Fitness Team
10.35 - 11.35	● Zumba	Hannah
11.45 - 12.45	● Yoga	Steve
14.15 - 14.45	● Speed Training (PF ZONE)	Fitness Team
17.45 - 18.30	● Legs, Bums & Tums	Chloe
17.45 - 18.30	● Boot Camp For All (PF ZONE) <b>F</b>	Fitness Team
18.35 - 19.20	● Group Cycle 45 (GROUP CYCLE ZONE)	Louise
18.40 - 19.10	● Core Explosion (PF ZONE)	Fitness Team

### SATURDAY 4TH JANUARY

09.15 - 10.00	● Group Cycle 45 (GROUP CYCLE ZONE)	Glen
10.00 - 10.45	● Circuit Training (PF ZONE) <b>F</b>	Fitness Team
10.05 - 11.05	● Bodypump	Glen
10.50 - 11.20	● Core Explosion (PF ZONE)	Fitness Team
15.00 - 15.30	● Kettlebell Training (PF ZONE)	Fitness Team

### SUNDAY 5TH JANUARY

09.40 - 10.40	● Bodypump	Glen
10.30 - 11.15	● Boot Camp For All (PF ZONE) <b>F</b>	Fitness Team
10.45 - 11.30	● Zumba Express	Chloe
12.00 - 13.00	● Yoga	Steve
15.00 - 15.30	● TRX (PF ZONE)	Fitness Team

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

**F** Includes Functional Trainer

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 £5.50 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

### 50+ DANCE FIT

Specially choreographed for the over 50's, it includes several different dance styles including Salsa and Line Dancing.

### AQUA AEROBICS

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

### AQUA ZUMBA

Blends the Zumba philosophy with water resistance for one pool party you shouldn't miss.

### 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.

### BOXFIT

A mix of intense full body workouts using boxing equipment for cardio training and barbells for strength training. Hitting both your cardiovascular and musculoskeletal systems giving you a high calorie workout.

### BOXING TRAINING

Learn basic boxing punches and footwork as part of this fun fast paced workout.

### 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.

### CLUB AEROBICS

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 £4 from the instructor in order to do this class.

### CORE EXPLOSION

The ultimate abdominal workout.

### FAST FIT

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.

### FESTIVE BODYBLITZ

Get in to the party spirit with this motivating class to fun festive tunes. This aerobic and conditioning total body workout will leave you feeling energised and ready to enjoy a very merry Christmas and a happy New Year!

### FUNCTIONAL 360

An intense total body workout on the functional trainer.

### 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, without bulking up.

### 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. What's more, the post exercise benefits of this form of training are massive, as you will continue to burn fat up to 48 hours after your workout! Try it and you will never look back.

### 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.

### SPEED TRAINING

Involving the use of Skillmills, Wattbikes, Concept II Rowers and the sprint track, this class will improve your speed and agility.

### STRENGTH CAMP

Consisting of compound and power movements this class will improve form, physical and mental strength. Guaranteed to be more challenging than any other weight training session.

### TOTAL BODY WORKOUT

This class uses several different types of resistance training techniques to tone your body and improve muscular definition.

### TRX

TRX uses your own body weight to perform high intensity exercises that will improve your muscle tone and burn fat. We recommend that all new attend the beginner's class.

### YOGA

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

### YOGALATES

Stretches and strengthens all major muscle groups that support the skeletal system to improve stabilisation and mobility.

### ZUMBA/ZUMBA EXPRESS

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