SnowDome fitness

# FITNESS CLASS TIMETABLE

## MONDAY 1ST APRIL - SUNDAY 30TH JUNE 2019

### MONDAY

| | | |
|---|---|---|
| 06.15 - 06.45 | HIIT Training (PF ZONE) | Paul |
| 09.30 - 10.30 | Pilates | Julie |
| 10.00 - 10.30 | TRX (PF ZONE) | Fitness Team |
| 10.30 - 11.15 | Zumba Express | Kate |
| 11.25 - 12.10 | Legs, Bums & Tums | Abi T |
| 12.15 - 13.00 | 50+ Dance Fit | Kate |
| 12.30 - 13.15 | Aqua Aerobics* | Vicki |
| 14.00 - 14.45 | Boxing Training (PF ZONE) | Paul |
| 17.30 - 18.15 | Boot Camp (PF ZONE) F | Fitness Team |
| 17.45 - 18.30 | Clubbercise | Kasia |
| 18.15 - 18.45 | TRX (PF ZONE) | Fitness Team |
| 18.30 - 19.15 | Aqua Aerobics | Abi T |
| 18.35 - 19.05 | Metafit | Amy |
| 19.10 - 19.55 | Group Cycle 45 (GROUP CYCLE ZONE) | Karen M |
| 20.00 - 21.00 | Bodypump | Karen M |

### TUESDAY

| | | |
|---|---|---|
| 06.45 - 07.15 | Fast Fit | Hannah |
| 09.30 - 10.15 | Low Impact Aerobics | Jane |
| 10.00 - 10.45 | Circuit Training (PF ZONE) | Fitness Team |
| 10.30 - 11.30 | Bodypump | Hannah |
| 11.35 - 12.20 | Group Cycle 45 (GROUP CYCLE ZONE) | Amy |
| 14.15 - 14.45 | HIIT Training (PF ZONE) | Fitness Team |
| 17.25 - 18.25 | Bodypump | Karen M |
| 17.40 - 18.10 | Kettlebell Training (PF ZONE) | Fitness Team |
| 18.30 - 19.00 | Metafit | Amy |
| 19.05 - 19.50 | Zumba Express | Becky B |
| 19.15 - 20.00 | Girls That Lift (GYM FLOOR) | Fitness Team |
| 19.30 - 20.25 | Climb Fitness** | Chris |
| 19.55 - 20.25 | Group Cycle 30 (GROUP CYCLE ZONE) | Karen H |
| 20.30 - 21.30 | Pilates | Julie |

### WEDNESDAY

| | | |
|---|---|---|
| 06.15 - 06.45 | Group Cycle 30 (GROUP CYCLE ZONE) | John |
| 06.50 - 07.20 | Functional 360 (PF ZONE) F | John |
| 09.15 - 10.00 | Group Cycle 45 (GROUP CYCLE ZONE) | Kate |
| 10.00 - 10.45 | Strength Camp (FREEWEIGHTS) | John |
| 10.05 - 10.35 | Metafit | Kate |
| 10.40 - 11.25 | Clubbercise | Emily |
| 11.45 - 12.45 | Yoga | Steve |
| 14.15 - 15.00 | Girls That Lift (GYM FLOOR) | Abi |
| 17.15 - 18.00 | Group Cycle 45 (GROUP CYCLE ZONE) | Karen M |
| 18.00 - 18.45 | Girls That Lift (GYM FLOOR) | Abi |
| 18.05 - 18.50 | Bodypump Express | Karen M |
| 18.40 - 19.25 | BoxFit (PF ZONE) | Dom |
| 18.55 - 19.25 | Metafit | Kate |
| 19.15 - 20.00 | Aqua Zumba | Kasia |
| 19.25 - 20.10 | Legs, Bums & Tums | Kate |
| 20.00 - 20.45 | Strength Camp (FREEWEIGHTS) | Fitness Team |
| 20.15 - 21.00 | Zumba Express | Michael |

### THURSDAY

| | | |
|---|---|---|
| 06.15 - 06.45 | Total Body Workout (PF ZONE) | Fitness Team |
| 09.30 - 10.15 | Low Impact Aerobics | Nora |
| 10.00 - 10.30 | Beginners TRX (PF ZONE) | Fitness Team |
| 10.30 - 11.15 | Aqua Aerobics* | Vicki |
| 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) F | 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 | Julie |

### FRIDAY

| | | |
|---|---|---|
| 06.45 - 07.15 | Fast Fit | Hannah |
| 09.30 - 10.30 | Bodypump | Hannah |
| 10.00 - 10.30 | Functional 360 (PF ZONE) F | 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 | Kasia |
| 17.45 - 18.30 | Boot Camp For All (PF ZONE) F | Fitness Team |
| 18.35 - 19.20 | Group Cycle 45 (GROUP CYCLE ZONE) | Amy |
| 18.40 - 19.10 | Core Explosion (PF ZONE) | Fitness Team |

### SATURDAY

| | | |
|---|---|---|
| 09.15 - 10.00 | Group Cycle 45 (GROUP CYCLE ZONE) | Amy |
| 10.00 - 10.45 | Circuit Training (PF ZONE) F | 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

| | | |
|---|---|---|
| 09.40 - 10.40 | Bodypump | Karen H |
| 10.30 - 11.15 | Boot Camp For All (PF ZONE) F | Fitness Team |
| 10.45 - 11.30 | Zumba Express | Kate |
| 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 £5.25 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 susbcription 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.

### CLUBBERCISE
Currently in huge demand, 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.

### 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.