

## **SNDA's Online Personal Training Programs**

SNDA's 45-minute 1 on 1 classes with motivating & professional teachers to help you achieve your goals while keeping your happiness quotient high at all times.

Buy any of the class packs below and schedule your classes for any time until the pack's validity.

You can schedule your class slot 5 days prior and up to 3 hours prior to the class.  
You can cancel the class slot only 24 hours prior to your class slot selection.

Try the first class with any SNDA Personal Training Artists for FREE until the 30<sup>th</sup> of September.

Class packs for SNDA Personal Training Artists are as follows

Class Packs	Validity	Price (INR)	Limited Period Offer (INR) Until 30 <sup>th</sup> of July
1 class pack	7 days	1000	500/-
3 class pack	7 days	2500	1250/-
6 class pack	30 days	4500	2250/-
12 class pack	60 days	7500	3750/-
24 class pack	60 days	12000	6000/-

Class packs for Artistic Director Sumeet Nagdev are as follows

Class Packs	Validity	Price (INR)	Limited Period Offer (INR) Until 30 <sup>th</sup> of July
1 class pack	7 days	3000	1500/-
3 class pack	7 days	7500	3750/-
6 class pack	30 days	12000	6000/-
12 class pack	60 days	20000	10000/-
24 class pack	60 days	35000	17500/-

Please note all classes have a standardised system of  
Pre class 5 minutes to set-up and introduce. (5 minutes before class slot)  
Warm up – 7 minutes  
Technique – 10 minutes  
Class content – 20 minutes  
Cool Down – 5 minutes  
Q&A Time – 3 minutes

Please agree to the following terms and conditions before signing up for any of our Personal Online Lessons

1. There shall only be 1 student attending the class. In the case of a participant below age 12 there shall always be a parent or guardian present.
2. The student shall be wearing the appropriate attire. Students are expected to wear fitted stretchable clothing and also have socks, sneakers or ballet shoes as standby when required.
3. You shall adhere to the timeline of the class and expect no extension of time for your own delay or even otherwise.
4. You can reserve your time slot 5 days to 3 hours before the class slot choice.
5. The classes shall be conducted on Google Hangout and your submission must consist of your google account. Please download the Google Hangout App or use it on your desktop explorer.
6. You shall receive a call 5 minutes before your class time. In case you do not receive the call the teacher will attempt to call you twice and then stay online for the rest of the class until you call.
7. Students are expected to be courteous and respectful at all times.
8. Students are not allowed to chew gum, consume eatables at any given point of the class.
9. Students must keep their cell phones on silent mode or switch them off during the online class.
10. Students must ensure they are having minimum 60 square feet open space to dance and viewable in their camera.
11. Students are expected to have minimum 5Mbps download speed and 5Mbps Upload speed for the class to run smoothly, and mic and speakers that are in good condition for a smooth functioning of the class.
12. If there is a disconnection due to internet speed then no extension of class shall be provided
13. If for any reason SNDA disconnects the call a compensation class shall be added to your pack.
14. The time zone mentioned is Indian Standard Time. GMT + 5.30
15. The Currency for payment is Indian National Rupees.
16. The packs once purchased are non-refundable and non-transferable under any circumstances.
17. Students are not allowed to record the online class nor is allowed to invite another person in the video frame while class is in progress.
18. Students are not allowed to ask for Teacher's personal contact details or contact the teacher for anything pertaining to the class post the class is over
19. Students are permitted to email their special requirements or requests to the teacher on [info@snda.in](mailto:info@snda.in) 24 hours prior to their class slot. Whether or not the teacher shall accept the request is up to the discretion of the teacher

### **Early Birds – ages 4 – 7 years old**

1 Parent/Guardian Required to attend the class

Creative Bolly Jazz by Ashma Sharma

The class allows children to be their happy self as it encourages them to be creative with expressions and allows them to do dance movements on their favourite foot tapping children friendly songs.

Ballet by Reshma Sharma

Children will learn the nuances of Ballet through technique drills, pointe work & ballet choreographies.

Baby Gymnastics by Reshma Sharma

Fun exercises for flexibility, balance and endurance that in turn help them open up their bodies

### **Juniors – ages 7 – 12 years old**

1 Parent/Guardian on standby Required

Modern Jazz by Reshma Sharma

Offers a platform for students to develop a holistic understanding of dance. Improvisation and sense of “play” introduce dynamic expression as rhythmic exploration. Experimenting with a range of rhythmic possibilities, this lesson will help enhance a dancer’s training in any idiom

Flexibility training with Reshma Sharma

The quality of being supple, the capability of being extended, the ability of being versatile, the secrets of easing stiffness... Is an art! And you learn it here.

Bollywood Hip Hop with Ashma Sharma

Take a flamboyant leap of fun... with desi beats to dance under the sun.

Hula Hoop with Oxana Kukkharenok

Learning the sublime balance of space and gravity, disciplining the body & discovering a world of possibilities... fun, fitness & happiness will find you here.

### **Teens & Adults 12 – 55 years old**

#### Modern Jazz by Reshma Sharma

Offers a platform for students to develop a holistic understanding of dance. Improvisation and sense of “play” introduce dynamic expression as rhythmic exploration. Experimenting with a range of rhythmic possibilities, this lesson will help enhance a dancer’s training in any idiom

#### Flexibility training with Reshma Sharma

The quality of being supple, the capability of being extended, the ability of being versatile, the secrets of easing stiffness... Is an art! And you learn it here.

#### Non-Stop Bollywood Fitness with Ashma Sharma

Fun learning with an indigenous tadka... explore, experiment, let’s learn the power moves for every dance party. An easy to follow non-stop cardio dance experience.

#### Waacking Hip- Hop with Ashma Sharma

Learn the nuances of Waacking which extensively uses arms and shoulder movements and has an element of freestyle dancing. Ashma takes you through drills and choreography both.

#### Bollywood Hip Hop with Ashma Sharma

Take a flamboyant leap of fun with desi beats and joyous dance movements. A perfect class for your happy hormones.

#### Bolly Jazz with Reshma Sharma

Learn suave movements in style with sharp lines, turns, splits, leaps and quirky choreography on some Bollywood music that use the elements of Jazz.

#### Ballet Barre with Reshma Sharma

Technical mastery with a symphony in movement. Celebrate poise, practice, patience & perfection.

#### Bollywood Choreography with Ashma Sharma

Learning repertoire, decoding dance, mastering the nuances and having fun all at the same time.

#### Fat Burn Exercises with Shubhankar Mehra

Callisthenics with a new curve to conquer every class... Lean here for a perfectly lean body. This is a power house workout with no equipment required and focuses on muscle development and isolated body part exercises.

#### High Intensity Training with Shubhankar Mehra

Curated Crescendo alert! Need we say more...? Join in for an adrenaline high and to burn those calories with some strength and cardio drills.

#### Six Pack Abs training with Shubhankar Mehra

Core building, interval training, a direct route to get ripped the right way! A high intensity training class.

B-Boying & B-Girling Tricks with Shubhankar Mehra

Learn power moves, drops and freezes. This class is high intensity and challenges your bodies capacity at all times. Class requires you to have a thick mat or a mattress.

Hula Hoop with Oxana Kukkharenok

Learning the sublime balance of space and gravity, disciplining the body & discovering a world of possibilities... fun, fitness & happiness will find you here.

### **Advanced Training classes with Artistic Director Sumeet Nagdev**

Contemporary Inter Advance with Sumeet Nagdev

For dancers who have minimum 2 years of technical training, this class will challenge you to push beyond your limits and help you sustain your path of growth.

Ballet Inter Advance with Sumeet Nagdev

Ballet for technical superiority. A pursuit for perfection with a coach who will show you the right direction.

Modern Jazz Inter Advance with Sumeet Nagdev

Avant-garde ally... break through with these classic moves. The class will challenge students with Jazz techniques in turns & leaps and end it with a difficult choreography.

### **Seniors 55 years and above**

Happy Dance for Health by Ashma Sharma

Simple and fun dance movements to get you happy high and positive for the entire day.

Dance for Recovery Ashma Sharma

Calm, Soothing and Therapeutic movements to allow to recover from any muscle stiffness or spasms.

### **Teachers**

Reshma Sharma

Ashma Sharma

Shubhankar Mehra

Oxana Kukkharenok

Sumeet Nagdev