



farmington group fitness classes

effective 04/1/18

club hours
 mon-fri 5:30a- 10p
 sat & sun 6:30a- 9p

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
5:45a cycle/tone (45 minutes-esther)	5:45a bootcamp (45 minutes-johanna)	5:45a interval training (45 minutes-johanna)	5:45a circuit training (60 minutes-johanna)	5:45a core training (60 minutes-eleni)		
8:00a mixed level yoga (60 minutes-ruth)	8:00a yogalates (60 minutes-cynthia)	8:00a yoga (60 minutes-pat/salli jo)	8:00a pilates (60 minutes-leslie)	8:00a strength & tone (60 minutes-mary)		
9:15a cardio dance (60 minutes-jenn)	9:00a tabata / toning (60 minutes - wendy)	9:15a zumba ® (60 minutes-denise)	9:00a qi gong (60 minutes-leslie)	9:00a basic strength (60 minutes-ahamad)	9:00a tone (60 minutes-donna/wendy)	9:00a cardio blast (60 minutes-robyn)
9:30a water aerobics (60 minutes) * pool	9:30a water aerobics (60 minutes) * pool	9:30a water aerobics (60 minutes) * pool	9:30a water aerobics (60 minutes) * pool	9:30a water aerobics (60 minutes) * pool	10:00a cardio dance (60 minutes-vicky)	10:00a core (60 minutes-donna)
10:15a toning (45 minutes-jenn)	10:00a cycle (60 minutes- nancy)	10:15a cycle (45 minutes-nancy)	10:00a cardio kickbox (60 minutes-nancy)	10:00a bootcamp lite tabata (60 minutes-ahamad)	10:00a cycle (60 minutes- nancy)	11:00a Bootcamp (60 minutes-anthony) *FitCenter
11:00a yoga (60 minutes-salli jo)	11:00a silver sneakers chair class (60 minutes-nancy)	11:00a yoga (60 minutes-salli jo)	11:00a silver sneakers chair class (60 minutes-nancy)	11:00a yoga (60 minutes-salli jo)	11:00a yoga (60 minutes-ruth/pat)	11:00a zumba ® (45 minutes)
11:00a balance (45 minutes-nancy) * FitCenter						12:00n high intensity zumba ® (45 minutes)
PM	PM	PM	PM	PM		
5:15p pilates (60 minutes-pam)	4:30p yoga (60 minutes- ruth)	5:00p toning (60 minutes-pam)	4:30p yoga for core strength (60 minutes- pat)	5:00p joy yoga (60 minutes-cynthia; every other week)		
6:00p martial arts (120 minutes) * lobby	5:45p cycle / tone (45 minutes-nancy)	6:00p YogaPower (60 minutes-pam)	5:30p step (60 minutes- donna)			
6:15p athletic yoga (60 minutes-pam)	6:30p tabata (60 minutes - robyn)	6:00p martial arts (120 minutes) * lobby	6:30p core de force (60 minutes-eleni)			
7:15p Bootcamp (60 minutes-anthony)		7:30p Bootcamp (60 minutes-anthony)				

class descriptions

balance: Keep your balance... or get it back by holding poses, or by holding poses with movement and light weights.

boot camp: A combination of cardio, agility, stability and strength training - designed to create a unique and ever-changing fitness routine and give you a great workout!

cardio blast: High Intensity Interval Training (H.I.I.T.) combining high energy cardio work with intervals of strength training for recovery.

core de force: mixed martial arts-inspired workouts designed to slash inches off your waist, blast belly fat, and sculpt total-body definition.

cycle: This great cardio workout on the bike burns calories in the dark, with sparkle lights and loud energetic music!

martial arts: Learn self-defense moves... and learn them safely.

qi gong: A series of mindful slow movements coordinated with breath to develop awareness of the inner life-force and to promote healing and well-being.

silver sneakers: Chair classes designed by Silver Sneakers.

tabata: Timed intervals of cardio and strength set to music.

toning: A resistance training class designed to tone, condition, and define major muscle groups.

water aerobics: Workout in the pool where the water's buoyancy helps take the stress away from your joints!

yoga: A mind and body training program that will change the way you feel about your body forever. You'll stand straighter, feel stronger, and become more flexible. Designed for all fitness levels, this class will reduce your stress and relieve your pain.

yogalates: A dynamic blend of yoga stretches and pilates deep core focus, to create a full and balanced workout.

zumba®: Zumba fuses hypnotic latin rhythms and easy to follow moves. The routines feature both fast and slow rhythms that are combined to tone and sculpt your body while burning fat. Get ready to DANCE!! Zumba incorporates hip-hop, samba, salsa, meringue and mambo.