

farmington group fitness classes

effective 06/16/18

group fitness class descriptions

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
<p>5:45a cycle/tone (cancelled for the summer)</p> <p>8:00a mixed level yoga (60 minutes-ruth)</p> <p>9:15a cardio dance/zumba-only for subbing (60 minutes-jenn)</p> <p>9:30a water aerobics (60 minutes) * pool</p> <p>10:15a toning (45 minutes-jenn)</p> <p>11:00a yoga (60 minutes-salli jo)</p> <p>11:00a balance (45 minutes-nancy) * FitCenter PM</p> <p>5:15p pilates (60 minutes-pam)</p> <p>6:15p athletic yoga (60 minutes-pam)</p> <p>7:15p Bootcamp (60 minutes-anthony)</p>	<p>5:45a bootcamp (45 minutes-johanna)</p> <p>8:00a yogalates (60 minutes-cynthia)</p> <p>9:00a zumba (60 minutes-wendy)</p> <p>11:00a silver sneakers</p> <p>chair class (60 minutes-nancy)</p> <p>PM</p> <p>4:30p yoga (60 minutes-ruth)</p> <p>5:45p cycle / tone (45 minutes-nancy)</p> <p>6:30p tabata (60 minutes-robyn)</p>	<p>5:45a interval training (45 minutes-johanna)</p> <p>8:00a yoga (60 minutes-pat/salli jo)</p> <p>9:15a zumba @ (60 minutes-denise)</p> <p>9:30a water aerobics (60 minutes) * pool</p> <p>10:15a cycle (45 minutes-nancy)</p> <p>11:00a yoga (60 minutes-salli jo)</p> <p>PM</p> <p>5:00p toning (60 minutes-pam)</p> <p>6:00p YogaPower (60 minutes-pam)</p> <p>7:15p Bootcamp (60 minutes-anthony)</p>	<p>5:45a circuit training (60 minutes-johanna)</p> <p>8:00a pilates (60 minutes-leslie)</p> <p>9:00a balance&stretch (60 minutes-nancy)</p> <p>11:00a silver sneakers chair class (60 minutes-nancy)</p> <p>PM</p> <p>4:30p yoga for core strength (60 minutes-pat)</p> <p>5:30p bootcamp (60 minutes-donna)</p>	<p>5:45a core training (60 minutes-eleni)</p> <p>8:00a strength & tone (60 minutes-mary)</p> <p>9:00a cardio dance (60 minutes-jenn)</p> <p>9:30a water aerobics (60 minutes) * pool</p> <p>10:00a toning (60 minutes-jenn)</p> <p>11:00a yoga (60 minutes-salli jo)</p> <p>PM</p> <p>5:00p joy yoga (60 minutes-cynthia/lanelle)</p>	<p>8:15a cycle/tone (45minutes-nancy)</p> <p>9:00a bootcamp (60 minutes-donna/wendy)</p> <p>10:00a cardio dance (60 minutes-vicky)</p> <p>11:00a yoga (60 minutes-ruth/pat)</p>	<p>9:00a cardio blast (60 minutes-robyn)</p> <p>10:00a core (60 minutes-donna)</p> <p>11:00a Bootcamp (60 minutes-anthony)</p> <p>12:00n high intensity zumba @ (45 minutes-wendy)</p>

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 waters 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.