



94 Brickyard Rd.  
club hours  
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mon-fri 5:00a- 10p  
sat & sun 6:00a- 9p

## farmington group fitness classes

effective 11/5/18 (\* denotes change)

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
5:45a spinning 60 minutes (esther)	5:45a bootcamp (45 minutes- johanna)	5:45a interval training (45 minutes- johanna)	5:45a circuit training (60 minutes- johanna)			
8:00a yoga (60 minutes-ruth)	8:00a yogalates (60 minutes- cynthia)	8:00a balance & stretch (60 minutes- nancy)	8:00a pilates (60 minutes- leslie)	8:00a strength & tone (60 minutes- mary)	8:15a spinning (45 minutes- nancy)	
9:15a ZUMBA®: (60 minutes- denise)	9:00a strength (60 minutes - wendy)	9:15a cardiodance (60 minutes- vicky)	9:00a balance & stretch (60 minutes- nancy)	9:00a spinning (60 minutes- pam)	9:00a bootcamp (60 minutes- donna/wendy)	9:00a spinning (60 minutes- nancy)
9:00a aqua fitness (60 minutes) * pool		9:30a aqua fitness (60 minutes) * pool		9:30a aqua fitness (60 minutes) * pool		
10:15a strength (45 minutes- nancy)	11:00a silver sneakers chair class (60 minutes- nancy)	10:15a spinning (45 minutes- nancy)	11:00a silver sneakers chair class (60 minutes- nancy)	10:00a strength (60 minutes-pam)	10:00a cardio dance (60 minutes- vicky)	10:00a strength (60 minutes- donna)
11:00a yoga (60 minutes-salli jo)		11:00a yoga (60 minutes- salli jo)		11:00a yoga (60 minutes- salli jo)	11:00a yoga (60 minutes- ruth/pat)	11:00a bootcamp (60 minutes- anthony)
<u>PM</u>	<u>PM</u>		<u>PM</u>			
5:15p pilates/strength (60 minutes-pam)	4:30p yoga (60 minutes- ruth)	<u>PM</u>	4:30p yoga (60 minutes- pat)			
6:15p yoga (60 minutes-pam)	5:45p spinning (45 minutes- pam)	5:00p toning (60 minutes- pam)	5:30p bootcamp (60 minutes- donna)			
7:15p bootcamp (60 minutes- anthony)	6:30p cardio Blast (60 minutes- robyn/donna)	6:00p yoga (60 minutes- pam)	6:30 yoga (60 minutes- lanelle)			
		7:30p bootcamp (60 minutes- anthony)				

## group fitness 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.

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

**silver sneakers:** Chair classes designed by Silver Sneakers.

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

**aqua fitness:** 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.

For holiday hours/classes and  
Winter weather updates,  
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