

94 Brickyard Rd.
 Farmington, CT. 06032
 860.677.2489
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club hours
 mon-fri 5:00a- 10p
 sat & sun 6:00a- 9p

farmington group fitness classes

effective 3-13-2019 (* 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)		7:15a spinning (45 minutes- dave)	
8:00a yoga (60 minutes-ruth)	8:00a yogalates (60 minutes- cynthia)	8:00a balance & stretch (60 minutes- nancy)	8:00a yogalates (60 minutes- leslie)	8:00a strength & tone (60 minutes- mary)	8:15a spinning (45 minutes- nancy)	
9:00a aqua fitness (60 minutes in pool- erin)	9:00a Zumba (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)
9:15a spinning (60 minutes- nancy)		9:30a aqua fitness (60 minutes in pool- nina)		9:30a aqua fitness (60 minutes in pool- nancy)		
10:15a strength (45 minutes- nancy)		10:15a spinning (45 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 senior chair class (60 minutes- nancy)	11:00a yoga (60 minutes- salli jo)	*11:00a senior chair class (60 minutes- nancy)	11:00a yoga (60 minutes- salli jo)	11:00a yoga (60 minutes- ruth/pat)	11:15a bootcamp (60 minutes- anthony)
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>			
5:00p pilates/strength (60 minutes-pam)	4:30p yoga (60 minutes- ruth)	5:00p toning (60 minutes- pam)	4:30p yoga (60 minutes- pat)			
6:15p spinning (60 minutes-pam)	5:45p spinning (45 minutes- pam)	6:00p yoga (60 minutes- pam)	5:30p bootcamp (60 minutes- donna)			
7:15p bootcamp (60 minutes- anthony)	6:30p cardio blast (60 minutes- robyn/donna)	7:30p bootcamp (60 minutes- anthony)	6:30 yoga (60 minutes- lanelle)			

Schedules also available at bigskyfitness.com

group fitness class descriptions

- aqua fitness:** Workout in the pool where the water buoyancy takes the stress away from your joints.
- 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.
- senior chair:** Formerly Silver Sneaker chair class. This class is for strength, cardio and balance. (All members are encouraged to attend.)
- spinning:** This great cardio workout on the bike burns calories in the dark, with sparkle lights and energetic music!
- strength:** A resistance training class designed to tone, condition and define major muscle groups.
- 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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[Facebook.com/BigSkyFitness](https://www.facebook.com/BigSkyFitness)**

