

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

farmington group fitness classes

effective 11/19/18

<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) 8:00a yoga (60 minutes-ruth) 9:15a ZUMBA® (60 minutes-denise) 9:00a aqua fitness (60 minutes)* pool 10:15a strength (45 minutes-nancy) 11:00a yoga (60 minutes-salli jo) <p style="text-align: center;">PM</p> 5:00p pilates/strength (60 minutes-pam) 6:15p spinning (60 minutes-pam) 7:15p bootcamp (60 minutes-anthony)	5:45a bootcamp (45 minutes-johanna) 8:00a yogalates (60 minutes-cynthia) 9:00a strength (60 minutes -wendy) 11:00a silver sneakers chair class (60 minutes-nancy) <p style="text-align: center;">PM</p> 4:30p yoga (60 minutes-ruth) 5:45p spinning (45 minutes-pam) 6:30p cardio blast (60 minutes-robyn/donna)	5:45a interval training (45 minutes-johanna) 8:00a balance & stretch (60 minutes-nancy) 9:15a cardiodance (60 minutes-vicky) 9:30a aqua fitness (60 minutes)* pool 10:15a spinning (45 minutes-nancy) 11:00a yoga (60 minutes-salli jo) <p style="text-align: center;">PM</p> 5:00p strength (60 minutes-pam) 6:15p yoga (60 minutes-pam) 7:30p bootcamp (60 minutes-anthony)	5:45a circuit training (60 minutes-johanna) 8:00a pilates (60 minutes-leslie) 9:00a balance & stretch (60 minutes-nancy) 11:00a silver sneakers chair class (60 minutes-nancy) <p style="text-align: center;">PM</p> 4:30p yoga (60 minutes-pat) 5:30p bootcamp (60 minutes-donna) 6:30 yoga (60 minutes-lanelle)	8:00a strength (60 minutes-mary) 9:00a cycle (60 minutes-pam) 9:30a aqua fitness (60 minutes)* pool 10:00a strength (60 minutes-pam) 11:00a yoga (60 minutes-ruth/pat)	8:15a spinning (45 minutes-nancy) 9:00a bootcamp (60 minutes-donna/wendy) 10:00a cardio dance (60 minutes-vicky) 11:00a yoga (60 minutes-ruth/pat)	9:00a spinning (60 minutes-nancy) 10:00a strength (60 minutes-donna) 11:00a bootcamp (60 minutes-anthony)

Schedules also available at bigskyfitness.com

group fitness class descriptions

aqua fitness: Workout in the pool where the waters buoyancy helps take 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.

circuit training: This class is set up different every week where you work out at stations for a minute then move to the next one working all muscle groups.

interval: This class is a combo of cardio and strength giving you a full body workout.

silver sneakers: Chair classes designed by Silver Sneakers.

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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