

94 Brickyard Rd.  
Farmington, CT. 06032  
860.677.2489  
[bigskyfarmington@bigskyfitness.com](mailto:bigskyfarmington@bigskyfitness.com)



club hours  
mon-thurs 5:00a - 10:00p  
friday 5:00a - 9:00p  
sat & sun 7:00a - 8:00p

## farmington group fitness classes

effective 3-9-2020

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
<p>7:45a yoga (60 minutes- ruth)</p> <p>9:00a spinning (50 minutes- lisa)</p> <p>9:00a aqua fitness (60 minutes in pool- erin)</p> <p>9:15a bodypump (60 minutes- sherry)</p> <p>10:30a cxworx (30 minutes- sherry)</p> <p>11:15a yoga (60 minutes- salli jo)</p> <p><u>PM</u></p> <p>5:00p strength (50 minutes- pam)</p> <p>6:00p spinning (50 minutes- pam)</p> <p>6:15p cardio-dance (60 minutes- marisa)</p> <p>7:30p bootcamp (60 minutes- anthony)</p>	<p>5:45a bootcamp (45 minutes- johanna)</p> <p>7:45a yogalates (60 minutes- cynthia)</p> <p>10:15a HIGH fitness (50 minute- cassie)</p> <p>11:15a senior chair (45 minutes- leslie)</p> <p><u>PM</u></p> <p>4:30p yoga (60 minutes- ruth)</p> <p>5:45p spinning (50 minutes- nathalie)</p> <p>6:00p bootcamp (50 minutes- donna/robyn)</p>	<p>5:45a bodypump (60 minutes- sherry)</p> <p>7:45a spinning (50 minutes- lisa)</p> <p>9:00a cardio-dance (50 minutes- marisa)</p> <p>9:00a aqua fitness (60 minutes in pool- nina)</p> <p>10:00a bodypump (60 minutes- nathalie)</p> <p>11:15a yoga (60 minutes- salli jo)</p> <p><u>PM</u></p> <p>5:00p bodypump (60 minutes- mike)</p> <p>6:00p spinning (50 minutes- jill)</p> <p>6:15p yoga (60 minutes- pam)</p> <p>7:30p bootcamp (60 minutes- anthony)</p>	<p>5:45a bootcamp (45 minutes- johanna)</p> <p>7:45a yogalates (60 minutes- leslie)</p> <p>9:00a spinning (50 minutes- nathalie)</p> <p>10:15a cardio-kick (50 minute- wendy)</p> <p>11:15a senior chair (45 minutes- leslie/salli-jo)</p> <p><u>PM</u></p> <p>4:30p yoga (60 minutes- lanelle)</p> <p>5:45p spinning (50 minutes- pam)</p> <p>5:45p bodypump (60 minutes- sherry)</p> <p>7:00p yogalates (50 minutes- pam)</p>	<p>7:45a strength (60 minutes- mary)</p> <p>9:00a spinning (50 minutes- pam)</p> <p>9:00a aqua fitness (60 minutes in pool- erin)</p> <p>10:00a bodypump (60 minutes- nathalie)</p> <p>11:15a yoga (60 minutes- salli jo)</p>	<p>7:30a spinning (50 minutes- dave)</p> <p>9:00a bootcamp (50 minutes- donna/wendy)</p> <p>9:00a spinning (50 minutes- pam)</p> <p>10:00a cardio-dance (60 minutes- vicky)</p> <p>11:15a yoga (60 minutes- ruth/lanelle)</p>	<p>8:00a bodypump (60 minutes- mike)</p> <p>8:00a spinning (50 minutes- chris)</p> <p>9:15a spinning (50 minutes- fatima)</p> <p>10:00a strength (60 minutes- donna)</p> <p>11:15a bootcamp (60 minutes- anthony)</p>

## group fitness class descriptions

- aqua fitness:** An aerobic workout in the pool utilizing all properties of the water. Abdominal strength, back flexibility, and body alignment will be emphasized during the abs segment. Hand buoys, noodles and/or kickboards may be used in this class.
- bodypump:** Bodypump is the revolutionary new weight-training workout in a group fitness setting. You'll use barbells with adjustable weights, set to motivating music, and you'll burn up to 600 calories in an hour. **WARNING:** Bodypump is an exercise routine that gets results...fast!
- bootcamp:** An interval training class featuring a quick intense dynamic warm-up followed by a strength training circuit. Every workout will change and give you a new challenge each week!
- cardio-kick:** A cardio based interval training workout where you are totally unleashed! This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines. Strike, punch and kick your way through calories to superior cardio fitness!
- cardio-dance:** A variety of today's pop music and easy to follow dance moves that create a dynamic workout designed for fun—and a good sweat. Each routine incorporates fast and slow interval rhythmic movements that are combined to burn calories! Modifications are given with each routine to ensure all are ready to DANCE!!
- cxworx:** Looking for a short, sharp workout to strengthen and tone your body? cxworx is for you! It focusses in on the torso and sling muscles that connect your upper body to your lower body. This 30-minute workout guides you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises.
- HIGH fitness:** A high energy, intense workout that includes modern techniques such as plyometrics and HIIT (high intensity interval training), combined with music from all decades and genres we all know and love! Take it HIGH or take it low- options are given for all levels of fitness.
- senior chair:** This class is for strength and balance. Have fun and move to the music through a variety of exercises! Hand-held weights, elastic tubing with handles, and a chair is used for seated and/or standing support. (All members are encouraged to attend.)
- spinning:** This class matches terrain to tempo with all the energy of a concert! You'll encounter slow climbs, short sprints and everything in-between. Burn calories AND build strength as you ride!
- 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 with a deep core focus, to create a full and balanced workout.

