



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 09-01-2019

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
	5:45a bootcamp (45 minutes- johanna)	5:45a cardio- interval (45 minutes- johanna)	5:45a bootcamp (45 minutes- johanna)		7:15a spinning (45 minutes- dave)	
7:45a yoga (60 minutes- ruth)	7:45a yogalates (60 minutes- cynthia)	7:45a spinning (60 minutes- lisa)	7:45a yogalates (60 minutes- leslie)	7:45a strength (60 minutes- mary)	8:05a spinning (45 minutes- pam)	8:00a bodypump (60 minutes- mike)
9:00a spinning (45 minutes- lisa)	9:00a Zumba (60 minutes - wendy)	9:00a cardio- dance (60 minutes- marisa)	9:00a bodypump (60 minutes- nathalie)	9:00a spinning (45 minutes- pam)	9:00a bootcamp (60 minutes- donna/wendy)	9:15a spinning (45 minutes- fatima)
9:00a aqua fitness (60 minutes in pool- erin)		9:00a aqua fitness (60 minutes in pool- nina)		9:00a aqua fitness (60 minutes in pool- erin)		
10:00a bodypump (60 minutes- sherry)		10:00a bodypump (60 minutes- nathalie)	10:15a spinning (45 minutes- nathalie)	10:00a strength (60 minutes- pam)	10:00a cardio- dance (60 minutes- vicky)	10:15a strength (60 minutes- donna)
11:15a yoga (60 minutes- salli jo)	11:15a senior chair (45 minutes- leslie)	11:15a yoga chair (60 minutes- salli jo)	11:15a senior chair (45 minutes- leslie/salli-jo)	11:15a 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 strength (60 minutes- pam)	4:30p yoga (60 minutes- ruth)	5:00p bodypump (60 minutes- mike)	4:30p yoga (60 minutes- pat)			
6:15p spinning (60 minutes- pam)	5:45p spinning (45 minutes- nathalie)	6:15p yoga (60 minutes- pam)	5:45p spinning (60 minutes- pam)			
7:30p bootcamp (60 minutes- anthony)	6:45p bootcamp (60 minutes- robyn/donna)	7:30p bootcamp (60 minutes- anthony)	6:45p strength (45 minutes- pam)			

## 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:** high intensity 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-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!!
- cardio-interval:** A combination of cardio and strength designed to hit all muscle groups and have you work through timed intervals of cardio drills to maximize your calorie burn. Class is different every week guaranteeing you are pushed out of your comfort zone and working toward changing your body!
- senior chair:** This class is for strength, cardio and balance. Have fun and move to the music through a variety of exercises. Hand-held weights, elastic tubing with handles, small ball for resistance, 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.
- 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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