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

## farmington group fitness classes

effective 12-02-2019

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

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