

94 Brickyard Rd.
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club hours
 mon - thurs 5:00a - 10:00p
 friday 5:00a - 9:00p
 sat & sun 7:00a - 6:00p

farmington group fitness classes

effective 9-14-2020

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
9:15a bodypump (60 minutes- sherry) 10:30a cxworx (30 minutes- sherry)	<u>PM</u> 4:30p yoga (60 minutes- ruth) 5:45p bodypump (60 minutes- mike)	9:15a spinning (50 minutes- lisa) 10:30a strength (60 minutes- lisa) <u>PM</u> 5:00p spinning (50 minutes- brittany) 6:15p power yoga (60 minutes- brittany)	<u>PM</u> 5:45p bodypump (60 minutes- sherry) 7:00p cxworx (30 minutes- sherry)	9:15a bodypump (60 minutes- nathalie)		8:00a bodypump (60 minutes- mike) 9:15a spinning (50 minutes- fatima)

group fitness guidelines

The state is currently requiring 6-foot social distancing, but to be EXTRA safe we're exceeding their guidelines. You'll find floor markers in the studios that are distanced 8-feet apart. Masks are required when you enter and exit the room, and while you are setting up and breaking down your space. Once you are in place (with 8-foot distancing) and class has started, masks won't be required while you're actually doing the class. However, if you take ONE STEP from your "spot" you MUST raise your mask over your nose and mouth.

There are multiple cleaning stations conveniently located around the group-x rooms and wall mounted hand sanitizer dispensers.
Please clean your equipment with the provided disinfectant before and after class.

class descriptions

** Please note that we've resumed classes with a trimmed down schedule that includes our most stationary formats to make social distancing easier. Classes will be added to the schedule as demand increases.*

- bodypump:** bodypump is the revolutionary new weight-training workout in a group fitness setting. use barbells with adjustable weights, set to motivating music, and burn up to 600 calories in an hour. **WARNING:** bodypump is an exercise routine that gets results...fast !
- cxworx:** looking for a short, sharp workout to strengthen and tone your body ? cxworx is for you ! it focusses on the torso and sling muscles that connect your upper body to your lower body. this 30-minute workout uses resistance tubes, weight plates and body weight exercises.
- power yoga:** a vinyasa power yoga class where breath and movement flow together to inspiring music. this mindful practice will allow you to explore your power inside and out. you will leave feeling challenged and refreshed ! all levels are welcome.
- 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. every workout will change and give you a new challenge each week !
- yoga:** a mind and body training program that will change the way you feel about your body ! focus on stretching and attention to breath during a relaxing flow. designed for all fitness levels.

