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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 9-6-2022

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
<p>9:15a bodypump (60 min- sherry)</p> <p>10:30a core (30 min- sherry)</p> <p><u>PM</u></p> <p>5:30p spinning (50 min- beth)</p> <p>5:30p bodypump (60 min- mike)</p> <p>6:45p zumba (60 min- marisa)</p>	<p>9:15a spinning (50 min- suzi)</p> <p><u>PM</u></p> <p>4:30p yoga (60 min- ruth)</p> <p>5:45p bodypump (60 min- mike)</p>	<p>8:00a spinning (50 min- lisa)</p> <p>9:00a strength (60 min- lisa)</p> <p><u>PM</u></p> <p>5:30p strength (60 min- ali)</p> <p>5:45p spinning (50 min- pam)</p>	<p>9:15a zumba (60 min- marisa)</p> <p><u>PM</u></p> <p>4:30p yoga (60 min- ruth)</p> <p>5:45p bodypump (60 min- sherry)</p> <p>7:00p core (30 min- sherry)</p>	<p>5:45a spinning (50 min- cheryl)</p> <p>9:15a strength (60 min- pam)</p>	<p>7:45a bodypump (60 min- amanda)</p> <p>9:00a cardio- dance (60 min- vicky)</p> <p>9:15a spinning (50 min- chris)</p> <p>10:30a yoga (60 min- chris)</p>	<p>8:00a bodypump (60 min- mike)</p> <p>9:15a spinning (50 min- fatima)</p>

class descriptions

- bodypump:** bodypump is the revolutionary 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 !
- cardio-dance:** a variety of music and easy to follow moves that create a dynamic and FUN cardio dance workout ! each routine incorporates fast and slow rhythmic movements that are combined to burn calories. modifications are given with each routine so everyone is ready to SWEAT !!
- core:** looking for a short, sharp workout to strengthen and tone your body ? core 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.
- zumba:** a fusion of hypnotic Latin rhythms and easy to follow dance moves. each routine combines low-intensity and high-intensity moves for a interval style, calorie burning DANCE party !

