

FARMINGTON FARMS

Group Fitness Schedule

Effective February 1-February 29, 2012

MONDAY ~ AM	MONDAY ~ PM
5:45 – 6:45 AM Cycling (Esther)	5:30- 6:30 PM Cardio Interval (Chris Z)
8:00 – 9:00 AM Yogalates (Cynthia)	6:30 – 7:30 PM Indoor Cycling (Rei d)
9:00– 10:00 AM Step-advanced (Christine)	7:45-8:45 PM Yoga (Pam)
9:30-10:30 AM Aqua Aerobics (pool)	
10:00-10:45AM SuperTonew/gliding(Christine)	6:00-8:00 PM Kitosaki(downstairs) - John
10:45- 11:45 AM Yoga (Salli-Jo)	
TUESDAY ~ AM	TUESDAY ~ PM
5:45– 6:30 AM Cardio Circuit (Johanna)	4:15-5:30 PM Yogalates (Leslie)
8:00– 9:00 AM Yoga & Gentle Stretch (Karen)	5:30-6:30 PM Indoor Cycling (Pam)
9:15-10:15 AM Indoor Cycling (Pam)	6:30-7:00 PM POWER & BALANCE (Pam)
10:15-10:30 AM Abs stretch (Pam)	7:00-8:00 PM Pilates (Robyn)
9:30-10:30 AM Aqua Body Sculpting (pool)	6:00-7:00 PM Water Walking(pool)
10:30-11:15 AM Shaboom (Jen)	
11:15-12:00 PM Tone (Jen)	
WEDNESDAY ~ AM	WEDNESDAY ~ PM
5:45 – 6:30 AM Step Intervals (Johanna)	4:30 – 5:15 PM Super Tone (Taryn)
7:45 – 8:55 AM Yoga (Salli-Jo)	5:15 – 6:00 PM Step (Taryn)
9:00 – 9:25 AM Toning (Christine)	6:00 – 8:00 PM Kitoshakai (Downstairs)-(John)
9:30 – 10:25 AM Cardio Boxing (Christine)	6:00 – 7:00 PM Indoor Cycling (Sharon)
*10:30-11:30 AM Cycling (Pam) Trial	7:15 – 8:30 PM Yoga (Leslie)
9:30 - 10:30 AM Aqua Aerobics (pool)	
THURSDAY ~ AM	THURSDAY ~ PM
5:45 – 6:30 AM Cardio Combo (Johanna)	4:15 -5:30 PM Yoga (Leslie)
8:00-9:00 AM Indoor Cycling (Christine)	5:30 -6:15 PM Power conditioning (Chris Z)
9:15-10:15 AM Raise the Bar (Pam)	6:15- 7:15 PM Indoor Cycling (Esther)
9:30-10:30 AM Aqua Aerobics (pool)	7:30-8:30 PM Pilates (Robyn)
10:15-10:45 AM Core Strength (Pam)	6:00- 7:00 PM Water Walking (Pool)
FRIDAY ~ AM	<p style="text-align: center;">Reminders:</p> <p style="text-align: center;">5 minutes has been built in for transition time between classes.</p> <p style="text-align: center;">All cycle classes require sign-ups (located on front desk)</p> <p style="text-align: center;">Child Care Hours</p> <p style="text-align: center;">Mon-Thur 8:00AM-2:30PM; Fri 8:00AM-12:30PM Sat 8:00AM-12:00PM</p> <p style="text-align: center;">Fitness Center Hours</p> <p style="text-align: center;">5:30 AM-10:00 PM</p> <p style="text-align: center;">Saturday & Sunday 6:30 AM- 9:00 PM</p> <p style="text-align: center;">*New TRIAL CLASS CYCLE</p> <p style="text-align: center;">If interested—please come, if we do not get minimum enrollment, class will not run in March</p> <p style="text-align: center;">Compliments, concerns, suggestions??</p> <p style="text-align: center;">Contact Group Fitness Director, Jen Rojas</p> <p style="text-align: center;">860-677-2489 x 15</p>
5:45–6:45 AM Extreme Fitness Training(Donna)	
7:00-8:00 AM Indoor Cycling (Cheryl)	
8:00-9:00 AM Yogalates (Leslie)	
9:00-9:30 AM Toning (Christine)	
9:30-10:30 AM Boot Camp/Variety (Christine)	
9:30-10:30 AM Aqua Aerobics (pool)	
10:35-11:45 AM Yoga Stretch (Salli Jo)	
SATURDAY ~ AM	
8:00-9:00 AM Yoga (Pam)	
9:00-10:00 AM Indoor Cycle (Yoga)	
10:00-11:00 AM Power Cardio Dance (Vicki)	
11:00-12:15 PM Yoga (Salli Jo)	
12:30-1:30 PM Indoor Cycling (Nancy)	
SUNDAY ~ AM	
9:00-10:00 AM Variety (Donna)	
10:00-11:00 AM Cardio Tone (Donna)	
11:00-12:00 PM Power Cardio Dance (Vicki)	
12:00 – 1:00 PM Power Conditioning (Anthony)	