





FARMINGTON GYMNASIUM GROUP FITNESS SCHEDULE

MORNING HOURS * GYM CLOSED CHRISTMAS EVE AND CHRISTMAS DAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
6am		BODY BLAST- BRENDA		BODY BLAST- BRENDA		
6:10am			HIGH FITNESS- MELINDA		HIGH FITNESS-CANDICE	
6:15am		YOGA- TIFFANY		YOGA- TIFFANY	AND CRYSTAL	
8:00						ZUMBA- NIKKE
9:00	HIGH FITNESS-MICHELLE	STEP- NIKKE	DANCE FITNESS- CATHY	ZUMBA-CATHY	HIGH FITNESS-MICHELLE	
10:00	DANCE FITNESS- CATHY	YOGA- TIFFANY ** YOGA IS AT THE POOL TONE & SCULPT-NIKKE		YOGA- TIFFANY ** YOGA IS AT THE POOL		

EVENING HOURS

6:00		PILATES- GREG				
6:30	ZUMBA- GREG					
7:00		BARRE- GREG		INSANITY LIVE- BRENDA		
8:00		YOGA - SARA	YOGA-PAIGE	ZUMBA- GREG		

 <p>TONE AND SCULPT</p> <p>Challenging body-sculpting class designed to increase strength and muscle tone. Using weights, resistance bands and other equipment.</p>	<p>BODY BLAST (TONING AND HIT)</p> <p>HIT Interval training with the use of handheld weights, bands, jump ropes, medicine balls, steps and other equipment. Be ready for an entire body workout. Tone and tighten those muscles. This class is not for the faint at heart. Be prepared to work hard.</p>		<p>MAT PILATES</p> <p>Is done on the floor using an exercise mat, which employs controlled breathing during body weight resisted movement to build core strength.</p>		  
			<p>Dance Fitness</p> <p>Fun, energetic dance classes w/ easy fitness moves to top radio hits. No dance exp. required</p>		

YOGA WITH TIFFANY HAS CHANGED LOCATIONS FOR THE 10:00AM CLASS ONLY

***** TIFFANY'S 10:00AM ONLY YOGA CLASS ON TUES., THURS.'S WILL NOW BE HELD IN THE POOL'S FOYER AT 142 S MAIN STREET**

<p>INSANITY LIVE</p> <p>Cardio conditioning that will completely transform your body. Modified for any fitness level.</p> <p>Endurance & Plyometrics</p> <p>Core Strength & Stability</p> <p>Coordination & Agility</p>	<p>BARRE</p> <p>A combination of pilates, toning and ballet. With the focus on lengthening the muscles</p>	<p>ZUMBA</p> <p>Latin and intern't'l dance music w/ dance moves. Incorporates interval and resistance</p>
<h1>DECEMBER</h1>		

HIGH FITNESS

Old school aerobics is back with a new fitness experience. **High Fitness** combines simple, modern fitness techniques with the music you love. This is a high energy, crazy and fun workout. Cardio and toning all in one workout, 3 days a week.

CHILD CARE AT THE GYMNASIUM: STARTING NOV. 1, MON.-FRIDAY, 8AM-11AM
CHILDREN AGES 1-5 WILL NO LONGER BE ALLOWED IN THE GYM DURING FITNESS CLASSES
CHILD CARE IS \$1.00 PER HOUR PER CHILD. A FUN, SAFE ENVIRONMENT WHILE YOU WORK OUT.

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