


FARMINGTON GYMNASIUM GROUP FITNESS SCHEDULE

MORNING HOURS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
6am		BODY BLAST- BRENDA	HIGH FITNESS- MELINDA	BODY BLAST- BRENDA	HIGH FITNESS W/ CANDICE AND CRYSTAL	
6:15		YOGA- TIFFANY		YOGA- TIFFANY		
6:30						ZUMBA-NIKKE
8:00						
9:00	HIGH FITNESS-ANDREA	STEP- NIKKE	DANCE FITNESS- CATHY	ZUMBA-CATHY	HIGH FITNESS-MICHELLE	
10:00	DANCE FITNESS- CATHY	YOGA- TIFFANY <i>*YOGA IS AT THE POOL</i>	HIGH FITNESS-KYMBERLY	HIGH FIT KIRSTIN/COURTNEY		
		TONE & SCULPT-NIKKE		YOGA- TIFFANY * AT THE POOL		

EVENING HOURS

6:00		MAT PILATES- GREG		ZUMBA- GREG		
6:30	ZUMBA- GREG					
7:00		BARRE- GREG		TTL BODY HIIT-BRENDA		
8:00		YOGA-NATALIE	YOGA-NATALIE			

 <p>TONE AND SCULPT</p> <p>Challenging body-sculpting class designed to increase strength and muscle ton. Using weights, resistance bands and other equipment.</p>	<p>BODY BLAST (TONING AND HIIT)</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>	
<p>YOGA WITH TIFFANY HAS CHANGED LOCATION FOR THE 10:00 AM CLASS ONLY</p> <p>THIS 10AM YOGA CLASS ON T/TH'S WILL BE HELD AT THE FARMINGTON POOL AT 142 S MAIN STREET</p>			
<p>HIGH FIT Alternation between cardio peaks and toning tracks.</p> <p>Combines simple modern fitness techniques with music you know and love</p>			
<p>TOTAL BODY HIIT</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>IMPROVE BALANCE, COORDINATION, CORE STRENGTH, AND FLEXIBILITY WHILE ENHANCING STRENGTH OF SMALLER STABILIZING MUSCLES</p>	<p>ZUMBA</p> <p>Latin and internt'l dance music w/ dance moves. Incorporates interval and resistance</p>	

FEBRUARY 2019

CHILD CARE AT THE GYMNASIUM: 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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www.farmington.utah.gov