

# FARMINGTON CLASS SCHEDULE

Group Fitness Schedule

**Effective February 1**

Please sign up for email notifications at [groupfitness@olympus24.com](mailto:groupfitness@olympus24.com)

DAY	TIME	CLASS	INSTRUCTOR
<b>MONDAY</b>	5:00 a.m.	Bootcamp ( <i>call management for rate</i> )	Nicole
	9:15 a.m.	SilverSneakers ® MS-ROM	Scott
	4:30 p.m.	Kickboxing w/ bags	Dolly
	5:30 p.m.	Core Stability	Sheri
	7:00 p.m.	Bootcamp ( <i>call management for rate</i> )	Nicole
<b>TUESDAY</b>	9:30 a. m.	Zumba	Nikki G.
	5:30 p.m.	Cardio Strength	Jody / Courtney
	6:30 p.m.	Hip Hop Hustle	Kristi / Tia
<b>WEDNESDAY</b>	9:15 a.m.	SilverSneakers ® MS-ROM	Sheri
	4:30 p.m.	Studio Strength	Dolly
	5:30 p.m.	Core Stability	Tonia
	7:00 p.m.	Bootcamp ( <i>call management for rate</i> )	Nicole
<b>THURSDAY</b>	9:30 a.m.	Cardio Core	Sheri
	5:40 p.m.	Yoga Strength	Ashley
	6:30 p.m.	Zumba	Noelle
<b>FRIDAY</b>	5:00 a.m.	Bootcamp ( <i>call management for rate</i> )	Nicole
	9:15 a.m.	SilverSneakers ® CardioFit	Sheri
	10:30 a.m.	Hip Hop Hustle	Tia
<b>SATURDAY</b>	7:00 a.m.	Bootcamp ( <i>call management for rate</i> )	Nicole
	8:00 a.m.	Cardio Strength	Jody / Courtney
	9:00 a.m.	PiYo	Kristi

**REMEMBER THAT SUBS WILL HAPPEN.** We do our best, but occasionally classes may need to change.

## Farmington Group Fitness Class Descriptions

*Minimum age to attend group fitness classes is 13 years old or per instructor's discretion*

**Cardio Core:** All Levels. 60 minute class. Purpose: Weight (fat) loss – Increase cardiovascular output – Extended endurance – Strength and flexibility. A high-energy class that alternates intervals of cardio with moves that target your “Powerhouse” (includes the abdominal muscles, low back muscles, pelvic floor, muscles around the hips, and the glutes). This class will utilize a variety of equipment including the stability ball, weights, bands, steps and punching bags.

**Cardio Strength:** All Levels. 60 minute class. Purpose: Weight (fat) loss – Increase cardiovascular output – Extended endurance – Strength and flexibility. A high-energy class that combines intervals of cardio (jumping jacks, bikes, kick boxing, football drills, and more) strength and toning exercises (squats, ball, bands and weights) with power abs at the end. This is a full-body workout.

**Core Stability:** All Levels. 45-60 minute class. Purpose: Improved muscle strength & flexibility. A session focused on muscular strength, proper body alignment and balance, developing & strengthening key muscle groups using a fit-ball in standing, seated and laying positions. This requires use of your core-stability muscles to aid balance, coordination and posture.

**Hip Hop Hustle:** All Levels. 60 minute class. Purpose: Weight (fat) loss, -Extended Endurance – Increase cardiovascular output. Hip Hop Hustle is a combination of easy to learn hip-hop dance moves perfectly choreographed to high energy and motivating music – a fun and exciting cardiovascular challenge. No previous dance experience necessary.

**Kickboxing w/ bags:** All levels. 60 minute class. Gloves or wraps are preferred but not necessary. Purpose: Weight (fat) loss- Increases cardiovascular output – Extended endurance- Speed and Power. A high-energy class with intervals of boxing drills on the bag combining kicking, punching, circuit training and Calisthenics with power abs at the end – guaranteed to give you a great full body workout.

**PiYo®:** All Levels. 60 minute class. Purpose: Strength & Flexibility. PiYo is a fusion workout based on the principles of Yoga and Pilates. It is a low impact, yet high energy workout that will improve your balance, strength and flexibility as well as burn calories, promote weight loss and visibly improve muscle tone with regular practice. PiYo is a faster moving class than traditional Yoga but is suitable for all fitness levels.

**SilverSneakers® I – Muscular Strength & Range of Movement:** 45 minute class. Have fun and move to the music through a variety of exercise designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and / or standing support.

**Studio Strength:** All Levels. 45-60 minute class. Purpose: Strength. Weight lifting in a friendly studio group setting, this class uses hand weights, balls, resistance bands, and barbells with adjustable weights to work every major muscle group, improving muscular strength and functionality.

**Yoga Strength:** All Levels. 60 minute class. Purpose: Strength & Flexibility. Emphasis placed on breathing, flexibility, stress reduction and spirituality while incorporating cardio and strength moves.

**Zumba:** All-Levels. 60 minute class. Zumba (pronounced ZOOM-buh) is a Latin music inspired aerobic-dance fitness class that feels more like a dance party than a workout. Zumba combines easy to learn fast and slow paced rhythms that tone and sculpt the body using aerobic interval training. Zumba is fun and great for the mind, body and soul. No previous dance experience necessary.

**For an up to date schedule or to sign up for e-mail notification of schedule changes**

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