

FARMINGTON CLASS SCHEDULE

Group Fitness Schedule

Effective August 1

Please sign up for email notifications at groupfitness@olympus24.com

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	5:00 a.m.	Bootcamp (call management for rate)	Nicole
	9:15 a.m.	SilverSneakers ® MS-ROM	Instructor
	4:30 p.m.	Cardio Boxing w/ bags	Dolly
	5:30 p.m.	Core Stability	Sheri
	7:30 p.m.	Bootcamp (call management for rate)	Nicole
TUESDAY	9:30 a. m.	Zumba	Noelle
	5:00 p.m.	Cardio Strength	Jody
	6:30 p.m.	Cardio Dance	Jill F.
WEDNESDAY	9:15 a.m.	SilverSneakers ® MS-ROM	Sheri
	4:30 p.m.	Studio Strength	Dolly
	5:30 p.m.	Core Stability	Tonia
	7:30 p.m.	Bootcamp (call management for rate)	Nicole
THURSDAY	9:30 a.m.	Cardio Strength	Sheri
	5:40 p.m.	Yoga Strength	Ashley
	6:30 p.m.	Zumba	Noelle
FRIDAY	5:00 a.m.	Bootcamp (call management for rate)	Nicole
	9:15 a.m.	SilverSneakers ® CardioFit	Sheri
	10:30 a.m.	Zumba	Noelle
SATURDAY	8:00 a.m.	Cardio Strength	Jody / Courtney
	9:00 a.m.	Step	Olga

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

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

Farmington Group Fitness Class Descriptions

All Classes are 45-60 minutes in length.

Cardio 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.

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 wt's.) with power abs at the end. This is a full-body workout.

Core Stability: All Levels. 45-min 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.

SilverSneakers® Cardio Circuit: 45-min. class. Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alerted with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

SilverSneakers® Cardio Fit:

CardioFit is the SilverSneakers Fitness Program's newest group exercise class designed for active older adults who desire a safe and effective low-impact cardiovascular workout. A variety of easy-to-follow movements promote heart healthy, total body conditioning improvements to increase cardiovascular strength and muscular endurance. CardioFit is perfect for participants who are fit and active as well as those who are sedentary, are unfamiliar with exercise or want pain-free, energizing activity. Elastic tubing with handles or hand-held weights are used for progressive resistance training, and the SilverSneakers chair offers stability and/or support options for upper-body strength exercises and abdominal conditioning from the floor.

SilverSneakers® I – Muscular Strength & Range of Movement: 45-min. 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.

Step: All Levels. 60-minute class. Purpose: Weight (fat) loss, -Extended Endurance – Increase cardiovascular output. Multi-level class that provides a fat-burning workout using traditional step choreography set to great music and focusing on aerobic endurance.

Studio Strength: All Levels. 45-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: All Levels. 1-hour class. Purpose: Strength & Flexibility. Relax and strengthen inside and out. This class focuses on integrating mind and body through physical poses, conscious stretching, breathing and relaxation: a great workout for all fitness levels.

Yoga Strength: All Levels. 1-hour class. Purpose: Strength & Flexibility. Emphasis placed on breathing, flexibility, stress reduction and spirituality while incorporating cardio and strength moves.

Zumba: All-Levels. 45 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

visit us on the web: www.olympus24.com.