

# FARMINGTON CLASS SCHEDULE

Group Fitness Schedule - Effective Monday, May 12<sup>th</sup> – [groupfitness@afc247.com](mailto:groupfitness@afc247.com)

DAY	TIME	CLASS	INSTRUCTOR
<b>MONDAY</b>	10:00 a.m.	Silver Sneakers ® 1 Muscular Strength & ROM	Natalie
	5:30 p.m.	Core Stability	Tonia
<b>TUESDAY</b>	10:00 a.m.	Silver Sneakers ® Yoga Stretch	Natalie
	5:00 p.m.	Yoga	Ashley
<b>WEDNESDAY</b>	10:00 a.m.	Silver Sneakers ® 1 Muscular Strength & ROM	Natalie
	5:30 p.m.	Core Stability	Tonia
<b>THURSDAY</b>	6:30 p.m.	Pilates	April
<b>FRIDAY</b>			
<b>SATURDAY</b>	8:00 a.m.	Yoga	Ashley
<b>SUNDAY</b>	7:00 p.m.	Yoga Strength	Stacy

There is no childcare provided at the Farmington location.

**REMEMBER THAT SUBS WILL HAPPEN.**

We do our best, but occasionally classes may need to change.

**Please see our Class Descriptions on the following page.**

## Farmington Group Fitness Class Descriptions

***All Classes are 45-60 minutes in length.***

**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® 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.

**SilverSneakers® Yoga Stretch:** 45-min. class. Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**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.

**Pilates:** All Levels. 1 hour class. Purpose: Strength & Flexibility. Focus on core strength using concentrated movements that promote muscular symmetry, alignment, flexibility and strength. While lengthening and toning muscles. Great Workout for all fitness levels!

**Must be at least 13 years old to attend fitness classes, unless otherwise stated.**

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

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