

GROUP X

UPPER ROOM

Farmington Community Civic Center

CLASSES EFFECTIVE 9/3/2019

MONDAY

5:30-6:00AM
8:30-9:00AM
8:40-9:25AM
9:00-9:30AM
9:40-10:25AM
4:30-5:15PM
5:30-6:00PM
6:00-6:30PM
5:30-6:30PM

POWER CIRCUIT-
STRENGTH TRAINING
ZUMBA SENTAO-
CORE BALANCE
ZUMBA LITE-
ZUMBA
POWERSPIN
STRONG
CARDIO KICKBOXING

ALAINA WINCH
ALAINA WINCH
JULIE POWERS
ALAINA WINCH
JULIE POWERS
JULIE POWERS
JAN PETTY
JAN PETTY
KARLA DUSSOLD

TUESDAY

7:45-8:30AM
7:50-8:35AM
8:45-9:15AM
8:45-9:30AM
9:30-10:15AM
11:00-11:45AM
5:00-6:00PM
6:00-6:30PM
6:15-7:00PM

ZUMBA
CYCLING
CORE CARDIO
PILATES
TAI CHI
SILVER SNEAKERS CLASSIC
YOGA
POWERSPIN
ZUMBA

JULIE POWERS
JULIE KLEPPE
ALAINA WINCH
JOAN HURST
DENNIS ROBINSON
SHARON ST GEMME
CHELSEA NEWBERRY
TAMMIE KENNARD
CAROLYN WILLIAMS

WEDNESDAY

5:30-6:00AM
6:15-7:00AM
7:50-8:30AM
8:30-9:00AM
8:40-9:25AM
9:00-9:30AM
9:40-10:25AM
4:30-5:15PM
5:30-6:30PM

POWER CIRCUIT-
POWERSPIN
STRONG HIIT*
STRENGTH TRAINING
ZUMBA SENTAO-
CORE BALANCE
ZUMBA LITE-
ZUMBA
CARDIO KICKBOXING

ALAINA WINCH
JAN PETTY
TAMMIE KENNARD
ALAINA WINCH
JULIE POWERS
ALAINA WINCH
JULIE POWERS
JULIE POWERS
KARLA DUSSOLD

THURSDAY

7:45-8:30AM
7:50-8:35AM
8:45-9:15AM
8:45-9:30AM
9:30-10:15AM
11:00-11:45AM
5:00-6:00PM
5:30-6:00PM
6:15-7:00PM

ZUMBA
CYCLING
CORE CARDIO
PILATES
TAI CHI
SILVER SNEAKERS CLASSIC
YOGA
CYCLING
ZUMBA

JULIE POWERS
JULIE KLEPPE
ALAINA WINCH
JOAN HURST
DENNIS ROBINSON
SHARON ST GEMME
CHELSEA NEWBERRY
JULIE KLEPPE
CAROLYN WILLIAMS

FRIDAY

5:30-6:00AM
6:15-7:00AM
7:50-8:30AM
8:30-9:00AM
9:00-9:30AM

POWER CIRCUIT-
POWERSPIN
STRONG HIIT*
STRENGTH TRAINING
CORE BALANCE

ALAINA WINCH
JAN PETTY
TAMMIE KENNARD
ALAINA WINCH
ALAINA WINCH

SATURDAY

8:30-9:15AM

CARDIO PUMP

CAROLYN WILLIAMS



POWER CIRCUIT

Maximize your results in a Power Circuit class!
Burn fat fast with high intensity intervals.
Start the burn with body-blasting sculpting
and calorie-crushing cardio bursts.

STRONG

Strong is a combination of strength training
movements, functional training, core training,
and cardio intervals.

CARDIO KICKBOXING

This class emphasizes kickboxing
combinations and techniques designed to
improve cardiovascular fitness and flexibility.

CARDIO PUMP

An intermediate/advanced boot camp style
class that is a mix of high and low intensity
cardio. The class is designed in an interval
format, combining low and high impact moves
as well as core exercise.

CORE BALANCE

An interval training class that focuses on the
core using different movements set up as a
circuit style training.

CYCLING

A high intensity indoor stationary bicycle
class led by an instructor taking individuals
through different phases of a workout, warm
up, steady up-tempo cadences, sprints, climbs
and cool down.

YOGA

Improve flexibility, develop breathing and
relaxation techniques.

PILATES

Improve flexibility, build strength and develop
control and endurance in the entire body with
this class.

TAI CHI

This class combines gentle exercise with
stretching and mindfulness. Designed to
improve balance, fitness and flexibility.

ZUMBA

Tone and strengthen while dancing to exotic,
high energy, latin rhythms.

ZUMBA SENTAO

Combines dance steps with chair based
choreography and body weight to strengthen
core.

ZUMBA LITE

This class features the same music and steps
as Zumba but at a more relaxed pace.

POWERSPIN

This indoor cycling class uses high intensity
intervals to shred fat and blast calories.
Participants will be led through a warm up and
cool down with plenty of intensity in between.

SILVER SNEAKERS

CLASSIC

This class focuses on strengthening muscles
and increasing range of movement for daily
life activities. A chair is often used for seated
exercises or standing support.

STRENGTH TRAINING

A strength focused, circuit style class that uses
movement that can be adapted for all levels
from beginner to expert.

STRONG HIIT

Be Fitter. Be Faster. Be Stronger. If those are
some of your goals this is the class for you! In
this class we will combine high intensity
movements with strength training to preserve
muscle while burning fat to give you the best
results possible.

CORE CARDIO

A combination of abdominal and
cardiovascular work that will teach you how to
use your core more efficiently and functionally
throughout daily activities. It will increase
your heart rate to burn calories and
strengthen your core without doing hundreds
of crunches. Moderate Intensity.