

Upper Room

Lower Room

Adult Group Fitness Schedule

As of 9/7/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:15 AM INSANITY		5:45-6:15 AM INSANITY		5:45-6:15AM INSANITY		
8:30-9:00 AM Strength Training	7:45 - 8:30 AM Zumba	8:30-9:00 AM Strength Training	7:45 - 8:30 AM Zumba	8:30-9:00 AM Strength Training		
8:30 - 9:15 AM Zumba Sentao	7:50 - 8:35 AM Spinning	8:30 - 9:15 AM Zumba Sentao	7:50 - 8:35 AM Spinning			
9:00-9:30 AM Core Balance	8:35-9:05 AM Kettlebell Cardio	9:00-9:30 AM Core Balance	8:35-9:05 AM Kettlebell Cardio	9:00-9:30 AM Core Balance	8:30 - 9:15 AM Cardio Pump	
	8:45 - 9:30 AM Pilates		8:45 - 9:30 AM Pilates			
9:30 - 10:15 AM Zumba Lite		9:30 - 10:15 AM Zumba Lite				
	11:00—11:45 AM Silver Sneakers		11:00—11:45 AM Silver Sneakers			
4:30 - 5:15 PM Zumba		4:30 - 5:15 PM Zumba				
	5:00 - 6:00 PM Yoga		5:00 - 6:00 PM Yoga			
5:30 - 6:30 PM Kickboxing	5:30—6:30 PM Spinning	5:30 - 6:30 PM Kickboxing				
	6:15 - 7:00 PM Zumba		6:15 - 7:00 PM Zumba			

The Farmington Community Center

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