

Group X

Upper Room

Farmington Community Civic Center

Classes Effective 2/6/2019

Monday

5:45-6:15AM
8:30-9:00AM
8:30-9:15AM
9:00-9:30AM
9:30-10:15AM
4:30-5:15PM
5:30-6:00PM
6:00-6:30PM
5:30-6:30PM

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

Zumba
Cycling
Pilates
Tai Chi
Silver Sneakers Classic
Yoga
Cycling
Zumba

Julie Powers
Julie Kleppe
Joan Hurst
Dennis Robinson
Sharon St Gemme
Chelsea Newberry
Tara Rottler
Julie Powers

Wednesday

5:45-6:15AM
6:15-7:00AM
8:30-9:00AM
8:30-9:15AM
9:00-9:30AM
9:30-10:15AM
4:30-5:15PM
5:30-6:30PM

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Core Balance
Zumba Lite
Zumba
Cardio Kickboxing

Alaina Winch
Jan Petty
Alaina Winch
Julie Powers
Alaina Winch
Julie Powers
Julie Powers
Karla Dussold

Thursday

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

Zumba
Cycling
Pilates
Tai Chi
Silver Sneakers Classic
Yoga
Zumba

Julie Powers
Julie Kleppe
Joan Hurst
Dennis Robinson
Sharon St Gemme
Chelsea Newberry
Julie Powers

Friday

5:45-6:15AM
6:15AM-7:00AM
8:30-9:00AM
9:00-9:30AM

Insanity
PowerSpin
Strength Training
Core Balance

Alaina Winch
Jan Petty
Alaina Winch
Alaina Winch

Saturday

8:30-9:15AM

Cardio Pump

Carolyn Williams



Insanity

Insanity is a cardio class that is based on max interval training. This class will push you past your limits with plyometric drills mixed with intervals of strength, power, resistance and core training.

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.