

GROUP X

UPDATED

12/28

UPPER ROOM

Farmington Community Civic Center

MONDAY

5:30-6:00AM
7:50-8:30 AM
8:30-9:00AM
8:40-9:25AM
9:00-9:30AM
9:40-10:25AM
10:15-11:00AM
4:30-5:15PM
5:30-6:00PM
5:30-6:30PM

POWER CIRCUIT
STRONG HIIT
STRENGTH TRAINING
ZUMBA SENTAO
CORE BALANCE
ZUMBA LITE
SILVER SNEAKERS FLEX
ZUMBA
POWERSPIN
CARDIO KICKBOXING

ALAINA WINCH
JAN PETTY
ALAINA WINCH
JULIE POWERS
ALAINA WINCH
JULIE POWERS
SHARON ST GEMME
JULIE POWERS
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
11:15-12:15PM
5:00-6:00PM
6:15-7:00PM

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

JULIE POWERS
JULIE KLEPPE
ALAINA WINCH
JOAN HURST
DENNIS ROBINSON
SHARON ST GEMME
CHELSEA NEWBERRY
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
10:15-11:00AM
4:30-5:15PM
5:30-6:30PM

POWER CIRCUIT
POWERSPIN
STRONG HIIT
STRENGTH TRAINING
ZUMBA SENTAO
CORE BALANCE
ZUMBA LITE
SILVER SNEAKERS FLEX
ZUMBA
CARDIO KICKBOXING

ALAINA WINCH
JAN PETTY
TAMMIE KENNARD
ALAINA WINCH
JULIE POWERS
ALAINA WINCH
JULIE POWERS
SHARON ST GEMME
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
11:15-12:15PM
5:00-6:00PM
6:15-7:00PM

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

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

FRIDAY

5:30-6:00AM
6:15-7:00AM
8:00AM-8:40AM
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/HIIT

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.

YOGA

Improve flexibility, develop breathing and relaxation techniques.

CORE BALANCE

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

PILATES

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

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.

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.

ZUMBA & PUMP

This class combines targeted body-sculpting exercises, and high energy cardio work with Latin-infused Zumba moves to create a calorie torching strength training dance fitness party!