

JANUARY 2021



FARMINGTON GROUP EXERCISE CLASS SCHEDULE

(Grey Boxes in Studio B: Mind Body Room)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		Shirley A.	Shirley A.	Shirley A.			
9:00 am	Jenni H.		April R.		Karen N.	(9:15am) Naomi S.	
12:00 pm		Yoga Strength Karrie S.		Yoga Strength Karrie S.			
5:30 pm	Karen N.	Jen T.	Jen T.	Jen T.	Aly		(5:00pm) YOGA SUSAN S.
6:45 pm	Aly		Ang				

- Members are required to sign-up for all classes.
- Members may sign-up for classes at the Front Desk no earlier than 30 minutes prior to the start time of each class.
- BodyPump participants must be present at class start time. No exception



Go to www.defined.com or DEFINED APP for class schedules and descriptions

CLASS DESCRIPTIONS:

BodyPump: The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and YOUR choice of weight inspire you to get the results you came for – and fast!

BodyCombat: Is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BodyFlow: The Yoga Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling long, strong, calm and centered.

Zumba: Latin inspired moves and dance themes come together to create a dynamic, fun class.

Yoga: Utilizing the breath, leading to static standing, balancing, and seated postures: ending with a period of total relaxation.

Yoga Strength: The Yoga class focuses on building core strength, flexibility and balance.