

effective November 2, 2020

Group Fitness Schedule

Located at the
Stow Shopping Center
978-897-5300

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am POWER Sherri <i>Gym Studio, Zoom, FB LIVE</i>					
7:30am RIDE Kelly <i>Gym Studio, Zoom, FB LIVE</i>			7:30am RIDE Kelly <i>Gym Studio, Zoom, FB LIVE</i>		7:30am HIIT & HILLS Cycle* Lindsay <i>Gym Studio, Zoom, FB LIVE</i>	
					7:30am POWER Natalie Zoom	
		8:00am BLAST Karen <i>Zoom & FB LIVE</i>		8:00am BLAST Andrew <i>Gym Studio, Zoom, FB LIVE</i>		8:00am CENTERGY Krissy <i>Zoom & FB LIVE</i>
9:00am fight Andrew <i>Gym Studio, Zoom, FB LIVE</i>	9:00am BOOTCAMP* Andrew <i>Gym Studio, Zoom, FB LIVE</i>		9:00am CENTERGY Laura <i>Gym Studio, Zoom, FB LIVE</i>	9:00am 3:1 HIIT Colleen Hub Studio	9:00am fight Paula <i>Gym Studio, Zoom, FB LIVE</i>	
					9:00am BLAST Natalie Zoom	
			9:15am HIIT* Natalie Zoom			
		9:30am RIDE Michelle <i>Gym Studio, Zoom, FB LIVE</i>		9:30am ACTIVE Karen <i>Zoom & FB LIVE</i>		9:30 AM BLAST Lori <i>Gym Studio, Zoom, FB LIVE</i>
10:30am POWER Andrew <i>Gym Studio, Zoom, FB LIVE</i>	10:30am CENTERGY Cindy <i>Gym Studio, Zoom, FB LIVE</i>	10:30am Yoga* Cindy Zoom	10:30am ACTIVE Natalie Zoom	10:30am Restorative Yoga* Cindy Zoom	10:30am ACTIVE Becky <i>Gym Studio, Zoom, FB LIVE</i>	
						11:00am groove Becky <i>Gym Studio, Zoom, FB LIVE</i>
	12:00pm ACTIVE Cindy <i>Gym Studio, Zoom, FB LIVE</i>	12:00pm 3:1 Endurance Colleen Hub Studio				
12:15pm(60 min) Hatha Yoga* Valerie <i>Gym Studio, Zoom</i>		12:15pm Pilates* Meg Zoom				
4:40pm Pilates* Krissy Zoom	4:40pm Yoga* Cindy Zoom	4:40pm ACTIVE Becky <i>Gym Studio, Zoom, FB LIVE</i>	4:40pm Yoga* Cindy Zoom	4:30pm RIDE Lorie Zoom		
5:30pm ACTIVE Natalie Zoom						
		6:00pm CENTERGY Heather Zoom				
6:15pm POWER Lori <i>Gym Studio, Zoom, FB LIVE</i>	6:15pm BLAST Lori <i>Gym Studio, Zoom, FB LIVE</i>	6:15pm POWER Lori <i>Gym Studio, Zoom, FB LIVE</i>	6:15pm groove Missy <i>Gym Studio, Zoom, FB LIVE</i>		Club Hours Monday - Thursday: 5am - 10pm Friday: 5am - 9pm Saturday/Sunday: 7am - 8pm	
7:45pm CENTERGY Lauren <i>Gym Studio, FB LIVE</i>		7:45pm Yin Yoga* Janet <i>*bring own mat, blocks, blankets Gym Studio, Zoom, FB LIVE</i>				

* Designates class is available on-demand at stowfitnesscenter.com/on-demand-workouts/

NOTE: Participants should bring a personal workout/yoga mat to In-Person Classes in the Gym Studio.