STOW FITNESS CENTER

www.stowfitnesscentersma.com

Group Fitness Schedule

Located at the Stow Shopping Center 978-897-5300

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am					
	POWER					
	Paula 8:00am	8:00am	7:30am	8:00am	8:00am	8:00am
		o.ooani			GROUP	
	R-30	BLAST.	RIDE	POWER	fight	GROUP CENTERGY
	Natalie	Karen	Kelly	Rotation	Paula	Krissy
8:00am GROUP	8:40am	9:15 AM	8:30am	9:15am		9:10am
fight	CORE	RIDE	CORE	GROUP		GROUP
				BLAST		BLAST
Sofia 9:15am	Natalie 10:30am	Sofia	Sofia 9:15am	Andrew	9:00am	Karen 9:15am
- 0			GROUP			
POWER	GROUP CENTERGY		ACTIVE		POWER	RIDE
Sofia	Cindy		Laura		Paula	Michelle (starts 9/17)
10:30am	11:35am	10:30am(ZOOM ONLY)	10:30am	10:30am	10:15am	10:15am
Hatha Yoga	MOVE30	Vinyasa Yoga	GROUP CENTERGY	ACTIVE"	ACTIVE"	groove.
Valerie	Cindy	Cindy	Laura	Karen	Becky	Becky
4:30pm	12:10 noon			11:45am	11:25am	
MOVE30	**ACTIVE			Gentle/Restorative	MOVE30	
Becky	Cindy			Cindy	Heather/Becky	
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4:40pm(ZOOM ONLY)	4:40pm	4:40pm	4:40pm		12:00 noon	
Dilatas	X7: X7	GROUP ACTIVE "	**********			
Pilates	Vinyasa Yoga	ACTIVE	Vinyasa Yoga		GROUP CENTERGY	
Krissy	Cindy	Becky	Cindy		Heather	
5:15pm				5:45pm(once a month)	*All Classes are Live In- Person and	
*ACTIVE				Vinyasa Yoga	Online via Zoom unless noted	
6 '				•	Pre-register	for classes at
Natalie 6:20pm	6:30pm (50Mins.)	6:15pm	6:15pm	Cindy	stowfitnesscenter.com	
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POWER	PILATES MAT+	POWER	groove.	OPEN 24 HOURS		
Lori	Krissy	Lori		STAFFED HOURS		
7:30pm	7:30pm	7:30pm	7:30pm	giaffed hours		
Yin Yoga w/Reiki	GROUP CENTERGY	Flow Yoga	Gentle Yoga	M-F 7AM TO 8PM WEEKENDS 7AM TO 2PM	<u>Group</u>	Effective Sept. 6,
Janet	Krissy	Michelle/Pam Rotation	Valerie		<u>Schedule</u>	<u>2023</u>