




























**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  Paula						
	8:00am R-30 Natalie	8:00am  Karen	7:30am RIDE Kelly	8:00am  Rotation	8:00am  Paula	8:00am  Krissy	
9:15am  Sofia	8:40am CORE Natalie	9:15 AM RIDE Sofia	8:30am CORE Sofia	9:15am  Karen	8:30am R-30 Krissy	9:10am  Karen	
10:30am Hatha Yoga Valerie	9:15am  Sofia		9:15am  Laura		9:00am  Paula	9:15am RIDE Michelle	
	10:30am  Cindy	10:30am(ZOOM ONLY) Vinyasa Yoga Cindy	10:30am  Laura	10:30am  Karen	10:15am  Becky	10:15am  Becky	
4:30pm  Becky	11:35am  Cindy			11:45am Gentle/Restorative Cindy	11:25am  Heather/Becky		
5:10pm  Natalie	12:10 PM  Cindy	4:40pm  Becky	4:40pm Vinyasa Yoga Cindy		12:00 noon  Heather	4:00pm Slow Flow Yoga Pam	
5:30pm(ZOOM ONLY) Pilates Krissy	4:40pm Vinyasa Yoga Cindy		5:45pm R-30 Krissy	5:45pm(once a month) Vinyasa Yoga Cindy	*All Classes are Live In- Person and Online via Zoom unless noted Pre-register for classes at stowfitnesscenter.com		
6:20pm  Lori	6:45pm  Krissy	6:15pm  Lori	6:15pm  Jackie	OPEN 24 HOURS STAFFED HOURS M-F 7AM TO 8PM WEEKENDS 7AM TO 2PM			
7:30pm Yin Yoga w/Reiki Janet		7:30pm Slow Flow Yoga Michelle	7:30pm Gentle Yoga Valerie				

**Group
Schedule**

**Effective January
2, 2024**