





















**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		5:45 AM <b>Sweat&amp;Strength</b> Erica	7:15am (In club only) <b>R-30</b> Angela		
8:00am  Angela	8:00am (In club only) <b>R-30</b> Natalie	8:00am  Karen	8:15am <b>Tabata Sweat 30 minutes</b> Brooke	8:00am  Angela	8:00am  Paula	8:00am  Krissy
9:15am  Sofia	8:40am <b>CORE</b> Natalie	9:15 AM  Sofia	9:15am (In club only) <b>RIDE</b> Sofia	9:15am  Karen	8:30am (In club only) <b>R-30</b> Michelle	9:10am  Karen
10:30am <b>Hatha Yoga</b> Valerie	9:15am  Sofia		9:15am  Laura		9:00am  Paula	9:15am (In club only) <b>RIDE</b> Michelle
	10:30am  Cindy	10:30am(ZOOM ONLY) <b>Vinyasa Yoga</b> Cindy	10:30am  Laura	10:30am  Karen	10:15am  Becky	10:15am  Becky
4:30pm  Becky	11:35am  Cindy			11:45am <b>Gentle/Restorative</b> Cindy	11:25am  Heather	
5:10pm  Natalie	12:10 PM  Cindy	4:40pm  Becky	4:40pm <b>Vinyasa Yoga</b> Cindy		12:00 noon  Heather	4:00pm <b>Yoga</b> Pam
	4:40pm <b>Vinyasa Yoga</b> Cindy			5:45pm(once a month) <b>Vinyasa Yoga</b> Cindy	*All Classes are Live In- Person and Online via Zoom unless noted Pre-register for classes at stowfitnesscenter.com	
6:20pm  Lori	6:00pm (In club only) <b>R-30</b> Krissy	6:15pm  Lori	6:15pm  Jackie	OPEN 24 HOURS STAFFED HOURS M-F 7AM TO 8PM WEEKENDS 7AM TO 2PM		
7:40pm <b>Yin Yoga</b> Wendy	6:45pm  Krissy	7:30pm <b>Slow Flow Yoga</b> Michelle	7:30pm <b>Gentle Yoga</b> Valerie		<p><b><u>Group Schedule</u></b>      <b><u>Effective Oct 31,2024</u></b></p>	