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 | | 5:45 AM | 7:15am (In club only) | | |
| | POWER | | Sweat&Strength | R-30 | | |
| | Paula | | Erica | Angela | | |
| 8:00am | 8:00am (In club only) | 8:00am | 8:15am | 8:00am | 8:00am | 8:00am |
| BLAST. | R-30 | BLAST. | Tabata Sweat 30 minutes | POWER | GROUP TIMINE | GROUP CENTERGY |
| Angela | Natalie | Karen | Brooke | Angela | Paula | Krissy |
| 9:15am | 8:40am | 9:15 AM | 9:15am (In club only) | 9:15am | 8:30am (In club only) | 9:10am |
| POWER | CORE | POWER* | RIDE | GROUP BLAST | R-30 | BLAST |
| Sofia | Natalie | Sofia | Sofia | Karen | Michelle | Karen |
| 10:30am | 9:15am | | 9:15am | | 9:00am | 9:15am (In club onl |
| Hatha Yoga | GROUP TILL | | **ACTIVE | | POWER | RIDE |
| Valerie | Sofia | | Laura | | Paula | Michelle |
| | 10:30am | 10:30am(ZOOM ONLY) | 10:30am | 10:30am | 10:15am | 10:15am |
| | GROUP CENTERGY | Vinyasa Yoga | GROUP CENTERGY | ACTIVE" | ACTIVE" | group groove |
| | Cindy | Cindy | Laura | Karen | Becky | Becky |
| 4:30pm | 11:35am | | | 11:45am | 11:25am | |
| MOVE30 | MOVE30 | | | Gentle/Restorative | MOVE30 | |
| Becky | Cindy | | | Cindy | Heather | |
| 5:10pm | 12:10 PM | 4:40pm | 4:40pm | | 12:00 noon | 4:00pm |
| ACTIVE" | ACTIVE - | ACTIVE TO THE PROPERTY OF THE | Vinyasa Yoga | | GROUP | Yoga |
| • | • | • | | | CENTERGY | _ |
| Natalie | Cindy | Becky | Cindy | 5.45 | Heather | Pam |
| | 4:40pm | | | 5:45pm(once a month) | *All Classes are Live In- Person and | |
| | Vinyasa Yoga | | | Vinyasa Yoga | Online via Zoom unless noted | |
| | Cindy | | | Cindy | Pre-register for classes at | |
| 6:20pm | 6:00pm (In club only) | 6:15pm | 6:15pm | | stowfitnesscenter.com | |
| POWER" | R-30 | POWER | groove. | OPEN 24 HOURS | | |
| Lori | Krissy | Lori | Jackie | STAFFED HOURS M-F | | |
| 7:40pm | 6:45pm | 7:30pm | 7:30pm | 7AM TO 8PM | | |
| Yin Yoga | GROUP CENTERGY | Slow Flow Yoga | Gentle Yoga | WEEKENDS 7AM TO 2PM | Group Saladala | Effective Oc |
| Wendy | Krissy | Michelle | Valerie | | <u>Schedule</u> | <u>31,2024</u> |