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	
ACTIVE T	R-30	GROUP BLAST	Tabata Sweat 30 minutes	GROUP	GROUP	GROUP CENTERGY	
Angela	Natalie	Karen	Brooke	Angela	Paula	Krissy	
9:15am	8:40am	9:15am		9:05am (30 minutes)	8:30am (In club only)	9:10am	
POWER	CORE	POWER		BLAST.	R-30	BLAST	
Angela	Natalie	Joanna		Angela	Michelle	Karen	
10:30am	9:15am		9:15am		9:00am	9:15am (In club only	
Hatha Yoga	GROUP TILL 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"	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		
ACTIVE	ACTIVE .	ACTIVE T	Vinyasa Yoga		GROUP CENTERGY		
Natalie	Cindy	Becky	Cindy		Heather		
	4:40pm			5:45pm(once a month)	*All Classes are L	ive In- Person and	
	Vinyasa Yoga			Vinyasa Yoga	Online via Zoo		
< 20	Cindy	(15	(1 -	Cindy	_	Pre-register for classes at stowfitnesscenter.com	
6:20pm		6:15pm	6:15pm		Stownthess	center.com	
POWER		POWER	groove	OPEN 24 HOURS			
Lori		Lori	Jackie	STAFFED HOURS M-F			
7:40pm	6:45pm	7:30pm	7:30pm	7AM TO 8PM WEEKENDS 7AM TO 2PM	Croup	Effection In	
Yin Yoga	GROUP CENTERGY	Slow Flow Yoga	Gentle Yoga	WEERENDS /AW 10 2PM	<u>Group</u> Schedule	Effective June 2025	
Wendy	Krissy	Michelle	Valerie		Scheuute		