

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 Sweat&Strength Erica	7:15am (In club only) R-30 Angela		
8:00am  Angela	8:00am (In club only) R-30 Natalie	8:00am  Karen	8:15am Tabata Sweat 30 minutes Brooke	8:00am  Angela	8:00am  Paula	8:00am  Krissy
9:15am  Angela	8:40am CORE Natalie	9:15am  Joanna		9:05am (30 minutes)  Angela	8:30am (In club only) R-30 Michelle	9:10am  Karen
10:30am Hatha Yoga Valerie	9:15am  Sofia		9:15am  Laura		9:00am  Paula	9:15am (In club only) 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	
5:10pm  Natalie	12:10 PM  Cindy	4:40pm  Becky	4:40pm Vinyasa Yoga Cindy		12:00 noon  Heather	
	4:40pm Vinyasa Yoga Cindy			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		6:15pm  Lori	6:15pm  Jackie			
7:40pm Yin Yoga Wendy	6:45pm  Krissy	7:30pm Slow Flow Yoga Michelle	7:30pm Gentle Yoga Valerie			
					OPEN 24 HOURS STAFFED HOURS M-F 7AM TO 8PM WEEKENDS 7AM TO 2PM	<div><div>Group Schedule</div><div>Effective June 23, 2025</div></div>