

Effective 9-28-17	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cycling - Missy	Cycling - Elise		Step Xtreme - Kelly	Cycling - Jackie	
		HIIT		HIIT		
5:45 AM						
6:30 AM		Yoga Stretch - Elise				
7:15 AM						HIIT
8:00 AM		Silver Sneakers - Lesa	Adaptive Yoga - Lori	Silver Sneakers - Gail	Yoga Stretch - Jackie	Mind & Body - Ned
						
8:15 AM			Step Xtreme - Kelly			
9:00 AM	Water Aerobics - Juliette		Water Aerobics - Lori		Boxing Bootcamp - Juliette	
	Sculpt & Sweat - Lesa					
9:15 AM	HIIT	Cycling - Lesa	HIIT	Cycling - Jess		
10:00 AM	Fluid Yoga - Katie		Align & Flow Yoga - Jackie		Vinyasa Flow - Elise	
						
10:15 AM		Mat Pilates - Lindie			<h2 style="text-align: center;">Fit Stop Health Club Group Fitness Schedule</h2> <p>Gym Hours</p> <p>Monday - Thursday: 5am - 10pm Friday: 5am - 8pm Saturday: 7am - 8pm Sunday: 9am - 4pm</p> <p>Child Care Hours</p> <p>Monday - Friday: 8:45am - 12pm Monday - Thursday: 4:15pm - 7:30pm Saturday: 8am - 11pm Sunday: CLOSED</p>	
11:30 AM						
4:30 PM	Simple Yoga - Jackie			Simple Yoga - Jackie		
						
5:00 PM						
5:30 PM						
5:45 PM	Cycling - Jackie		Cycling - Jess			
6:00 PM						
6:30 PM	HIIT		HIIT			
7:00 PM		Yoga Fundamentals - Ned				

Group Fitness Classes

- *Classes last 45-60 min, unless otherwise stated.*
 - *They are filled on a first-come, first-served basis until at capacity.*
 - *Classes are ongoing—you are free to join any time.*
 - *All classes can be modified to fit any level of fitness.*
-

MIND AND BODY CLASSES

Simple Yoga

This meditative yoga practice will relax your body through gentle, easy stretching and joint movement.

Morning Stretch Yoga

This early morning yoga stretch will start your day off easy. Class is taught with props and variations, encouraging newer students to understand their needs.

Align & Flow Yoga

A meditative, flowing yoga practice with an emphasis on alignment, holding postures to allow for a deeper stretch and release. This slow and gentle practice has a restorative feel on your feet.

Fundamental Yoga / Mind & Body

This traditional yoga practice works with breath, meditation, centering, and physical ability, creating a well-rounded yogi.

Fluid Yoga / Vinyasa Flow

This flowing, dynamic, breath-synchronized yoga practice links breath and posture together through sun salutation, inversions, and balances. These classes range from 60 - 75 minutes long.

Mat Pilates

This mat-based class will teach you the Pilates method of core training. A low-impact class that is gentle and yet challenging.

INDOOR CYCLING CLASSES

This class is great for cardio and endurance. Work on climbing skills, speed, and recovery through timed drills and cadence work. (Bring water and towel.)

RESISTANCE TRAINING CLASSES

Group Power

Group Power is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.

Sculpt and Sweat

This resistance training class is a great way to build strength and lean muscle mass. Dumbbells, medicine balls, resist balls, bands, and steps are all used as part of this class.

DANCE CARDIO CLASSES

Zumba

A fusion of Latin and International music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

WERQ

The fiercely fun dance fitness class based on pop, rock, and hip-hop music.

ENDURANCE TRAINING CLASSES

Group Fight

This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence. Energetic music, awesome instructors and a group environment will keep you punching, kicking, and smiling!

Kickboxing Boot Camp

This class is taught boot camp style, combining kickboxing drills with cardio and resistance stations.

HIIT

High Intensity Interval Training – A cardio endurance exercise alternating short periods of intense anaerobic exercise with less intense recovery periods.

POUND

The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

HIGH Fitness

A hardcore, fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography.

Step Xtreme

This athletically driven aerobics class combines basic stepping with more athletic training, like burpees, squats, and lunges. This work out utilizes the step to increase your cardio workout and help you break your fitness plateau. The class finishes with a killer core workout.

WATER AEROBICS CLASSES

This non-impact class uses only 10% of your body weight. This is a safe environment for exercising due to injury, pregnancy, age, or weight issues.

SENIOR CLASSES

Silver Sneakers

A variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and an exercise ball are offered for resistance. A chair is used for seated exercises and standing support.

Adaptive Yoga

This class introduces students to yoga using a chair for balance in all standing postures. Like a traditional yoga class it will begin with centering and breathwork.

Zumba Gold

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at lower-intensity. Focuses on balance, range of motion and coordination.

**If you have any questions about the schedule or classes in general, please ask our front desk staff or call us at (435) 654 - 2131.*

