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|---------|--|---|---|---|--|--|
| 5:30AM | RIDE IT: BEVERLY  | ENDURANCE RIDE: ELISE   | VINYASA FLOW: KATIE  | COMPLETE CONDITIONING: ERIN CYCLING BLAST: LESA  | 1 HOUR CYCLING DRILLS: JACKIE AM BLOCK TRAINING | |
| 6:30AM | | YOGA STRETCH: ELISE | | | | |
| 7:15AM | | | | | |  |
| 8:00AM | ZUMBA GOLD: LORI | SILVER SNEAKERS: LESA | ADAPTIVE YOGA: JACKIE | SILVER SNEAKERS: GAIL | ADAPTIVE YOGA: JACKIE | MIND & BODY: NED  |
| 9:00AM | HYDRO BLAST: LYNDIE SCULPT & SWEAT: LESA |  | HYDRO BLAST: LORI  |  MIXED LEVELS YOGA: CATHY | BOXING BOOTCAMP: JULIETTE  |   |
| 9:15AM |  | CYCLING BLAST: LESA |  | RIDE IT: BEVERLY | | |
| 10:00AM | FLUID YOGA: KATIE  |  | SOFTER SIDE OF YOGA: Stephane C DYNAMICS: MEGAN M |  | VINYASA FLOW: ELISE  | POWER HOUR YOGA: TBA |
| 10:15AM | | MAT PILATES: JENNY | | CORE CHALLENGE: ERIN |  <u>The Fit Stop</u> <u>Class Schedule</u> <u>Effective 11/1/14</u> | |
| 4:30PM | SIMPLE YOGA: JACKIE  | | | SIMPLE YOGA: JACKIE  | | |
| 5:30PM | |  |  | | | |
| 5:45PM | CYCLING DRILLS: JACKIE | | ROAD RIDE: TAWNA | ROAD RIDE: MEGAN D. | | |
| 6:00PM |  | | |  | | |
| 6:30PM |  | PM BLOCK TRAINING |  | HARMONY FLOW: ERIN G | | |
| 7:00PM | TAI CHI: DAVE | YOGA FUNDAMENTALS: NED | | | | |

Fit Stop Group Exercise Schedule

Indoor Cycling – Cycling Blast, Cycling in Motion, Hills & Sprints, Interval training – ride flats, hills, sprints and jumps: Endurance Ride, Cycling Drills, and Road Ride. – Indoor cycling class with timed drills and Cadence work. Great for outdoor riders off season to work on climbing skills and speed -recovery– All Levels – Bring Water and Towel – First timer arrive. Classes range 45-60 minutes

Cardio Endurance Training -  : Fit Stop High Intensity Interval Training – 45 Minute Cardio Training

Hi – Lo Cardio Dance.  - Workout with Flare. Fun Latin based cardio dance class – ALL levels – Low to Medium Impact – No dance experience needed. LOADS of FUN.  is the fiercely fun dance fitness class based on pop, rock, and hip hop music. Dynamics Dance based Hi – Lo cardio routines that change with each song. Medium to High Impact, but can be modified to suit everyone-

Kickboxing:  *Group Kick® brings it on! 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! Group Kick will knock you out!


Kick Boxing BOOT CAMP - Kick boxing drills combined with Cardio and Resistance station- This class is taught Boot Camp style. All levels- work at your own pace.

Water Aerobics- Hydro Blast: All levels welcome. This Non-impact classes- use only 10% of your body weight. Safe environment for working out due to injury, pregnancy, age, weight issues.

Yoga: Adaptive Yoga 45 minute class is taught using a chair as a prop. Just like a traditional Yoga class it will begin with centering and breathe work. Students are introduced to Yoga using the chair as an aide in all standing postures and balance. Beginner. Softer Side to Yoga/Simple Yoga Soft, easy stretching and joint movement. This is a very meditative yoga practice that will truly relax anyone. 60-75 minutes. Morning Stretch Yoga 60 minute early morning Yoga stretch will start your day off easy. This is a great choice for someone new to yoga. Class is taught with props and lots of variations are offered encouraging student to understand their needs. Fundamental Yoga /Mind & Body - A traditional Yoga practice that will educate you as you attend. Working with breathe, meditation, centering and the physical practice creating a well-rounded yogi. Great for Beginners to Advanced practices. Fluid Yoga, Vinyasa Flow– Breathe synchronized Yoga practice. Breathe and Posture (Asana) link together making this a flowing, dynamic Yoga practice. Sun Salutation, Inversions, Balances are all part of these classes. Intermediate to Advance. These classes are general 75 minutes long. Beginners are welcome is their physical condition is strong. Power Hour, This is a Hot Flow yoga practice that will give you lots of core strength, endurance, and sweat. Challenge and build your stamina and Inner self. Intermediate to Advance

Pilates: Basic Mat Pilates – This class is a great class for someone new to Pilates or the regular. This mat based class will teach you the Pilates Method for core training. A non impact classes that is gentle and yet a challenge.

CORE Challenge – This class is a combination of Pilates and Abs training. It will leave you knowing you have a core. More of an advance class though modifications will be given. Non impact and mat based.

Resistance Training:  *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. Discover results, discover Group Power!*

Sculpt and Sweat / Complete Conditioning, One hour resistance training classes are a great way to build strength and lean muscle mass. Classes are available to students of all levels. Dumbbells, medicine ball, resist balls, bands and steps are all part of these class formats.

Gym Hours:

Monday– Thursday: 5am-10pm

Friday:5am-8pm

Saturday:7am-8pm

Sunday:9am-1pm



Child Care Hours

Monday– Friday: 8:45am-12pm

Monday– Thursday: 4:15pm-
7:30pm

Saturday:8am-11am