



# The Fit Stop Health Club

Monday-Thursday 5am-10pm

Saturday 7am-8pm

Sunday 9am-4pm

Schedule Classes or Childcare reservation at [www.gympayment.com](http://www.gympayment.com)

**Childcare Hours**  
 Monday-Friday 9am-Noon  
 Monday-Thursday 4:15pm-7:30pm  
 Saturday 7:45am-11am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM GROUP POWER	5:30AM Upbeat Barre ub	5:15AM GROUP POWER	5:30AM HIGH fitness	5:15AM GROUP POWER	
5:30AM Breanna		5:30AM Erica			7:15 AM TBA
8:00AM Silver Sneakers Gail	8:00AM Adaptive Yoga Anne	8:00AM Silver Sneakers Misti	8:00AM Easy Yoga Stretch Anne		
	8:00AM GROUP POWER		8:00AM GROUP POWER		8:00AM GROUP POWER
	9:00AM Dani		9:00AM Misti	9:00AM MAX H.I.I.T Group X Studio	9:00AM WERQ
9:30AM HIGH fitness	9:30AM GROUP POWER	9:30AM Upbeat Barre ub	9:30AM GROUP POWER	9:30AM WERQ	9:15AM Gentle Flow Yoga MADDY
10:00AM Fundamental Flow Yoga MADDY		10:00AM Align & Flow Yoga JACKIE		10:00AM Power Vinyasa Flow ELISE	
4:15PM The Softer Side Yoga JACKIE			4:15PM Simple Yoga ROCHELLE		
	5:00PM GROUP POWER		5:00PM GROUP POWER		
5:30PM Jackie		5:30PM Cara			
6:00PM WERQ	6:00PM EssentialYoga STEPHANIE	6:00PM HIGH fitness	6:00PM ZUMBA		Effective 9-26-2022