



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!



Upbeat Barre is not your traditional barre class. Upbeat Barre brings the FUN back into barre! The heart of Upbeat in music & choreography.

CARDIO TRAINING CLASSES

HIGH INTENSITY INTERVAL TRAINING

Fit Stop MAX H.I.I.T – Fit Stop High Intensity Interval Training – A cardio endurance exercise alternating short periods of intense anaerobic exercise with less intense recovery periods.

MAX STRENGTH

A 30 MINUTE class designed to challenge you. Quick and EFFECTIVE. Cardio, Strength, Balance, Stability and Abs. It will feel like a HIIT WORKOUT with lots more to offer.

Max Bootcamp

A fast-paced, total-body workout combining strength, cardio, and core exercises across multiple stations. Get in, get fit, and get results in just 30 minutes!

DANCE FITNESS



Werq class ranges between 45–60 minutes.

is a fiercely fun dance fitness class based on pop, rock, and hip-hop music. A 1 Hour Cardio Fitness class that will ROCK you and WERQ you.



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

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an



interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.



MIND AND BODY CLASSES :

- **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 breathing work. Students are introduced to Yoga using the chair as an aide in all standing postures and balance. Ideal for beginners and individuals with limited range of motion.
- **Morning Stretch Yoga/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 minutes.
- **Align & Flow /, Vinyasa Flow/Fundamental Yoga Flow** – A Yoga practice that will educate you as you attend. Working with breath, meditation, centering and the physical practice creating a well-rounded yogi. Great for Beginners to Advanced practices. 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 generally 60 minutes long. Beginners are welcome if their physical condition is strong.
- **EssentialYoga.** Combining essential oils with yoga practice. Classes are alignment and breath focused and have a meditative quality. Classes are well suited for all levels. This will be taught from a variety of styles and will leave you feeling elevated when leaving her class.

The Fit Stop Health Club

Schedule Classes or Childcare reservation at www.gympayment.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM 	5:30AM Upbeat Barre 	5:15AM 	MAX H.I.IT 5:30AM *Group X	5:15AM 	
			8:00AM SENIOR HIIT		
8:00AM Silver Sneakers	8:00AM EASY YOGA STRETCH	8:00AM Silver Sneakers	8:00AM Easy Yoga Stretch		
	8:00AM 		8:00AM 		8:00AM 
9:00AM Max STRENGTH GROUP X STUDIO				9:00AM MAX H.I.I.T Group X Studio	9:00AM 
9:30AM 	9:30AM 	9:30AM Upbeat Barre 	9:30AM 	9:30AM 	9:15AM Gentle Yoga
10:00AM Fundamental Flow Yoga	10:30am 	10:00AM Align & Flow Yoga		10:00AM Ashtanga Yoga	
	11:30AM TAI CHI		11:30AM TAI CHI		
4:15PM The Softer Side Yoga					
	5:30PM 	Upbeat Pilates 5:00PM	5:30PM 		
5:45PM 	6:00PM EssentialYoga	5:45pm 	6:00pm Vinyasa Flow		Effective 10-22-2025

Gym Hours:

Monday-Thursday 5am-10pm
Friday 5am-8pm
Saturday 7am-8pm
Sunday 9am-4pm

Child Care Hours:

Monday- Friday 8:45am-12pm
Monday-Thursday 4:00pm-7:30pm
Saturday 7:45am-11am