

## 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



FIT STOP CYCLING is a low impact, yet HIGH intensity workout that can boost your endurance and cardiovascular health. Energetic instructors and GREAT music paired with a community of fellow cyclists create a workout experience developed to motivate and make you sweat! All levels welcome, Join the Ride

### 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.

### DANCE FITNESS

Workout with Flare. Fun Latin based cardio dance class –

ALL levels – Low to Medium Impact – No dance experience needed. LOADS OF FUN. This



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.

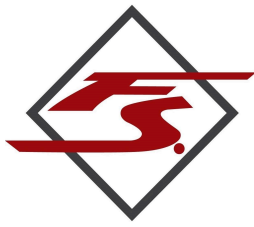


A lower impact workout, HIGH Low is the sister format to our flagship HIGH. Offering impact progressions for every move, HIGH Low is a steady state cardio workout tailored to the individual, by the individual. Highly adaptable to all fitness levels, this lower impact format focuses on the steady state (or aerobic) training zone – the heart rate remains in a manageable yet constant and challenging, aerobic state for the majority of the class. Lower impact leads to less joint discomfort while still yielding those important mental health benefits and improving overall fitness and cardiovascular health. Consistent with the HIGH brand, are the elements of fun, fabulous music, and a community-based inclusive environment!



### 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

Monday-Thursday 5am-10pm
















Friday 5am-8pm

Saturday 7am-8pm

Sunday 9am-4pm

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM GROUP POWER	5:30AM Upbeat Barre 	5:15AM GROUP POWER	5:30AM HIGH fitness	5:15AM GROUP POWER	
	5:30AM  Cycling Mackensie		5:30AM  Cycling Maddie		
			8:00AM SENIOR HIIT- NORA		
8:00AM Silver Sneakers	8:00AM EASY YOGA STRETCH MISSY	8:00AM Silver Sneakers	8:00AM Easy Yoga Stretch JACKIE		
	8:00AM GROUP POWER		8:00AM GROUP POWER	8:00AM 	8:00AM GROUP POWER
9:00AM Max STRENGTH GROUP X STUDIO	9:00AM  Cycling Misti		9:00AM  Cycling MACKENSIE	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 	9:30AM GROUP POWER	9:30AM WERQ 	9:15AM Gentle Flow Yoga MADDY
10:00AM Fundamental Flow Yoga ALEX		10:00AM Align & Flow Yoga JACKIE		10:00AM Power Vinyasa Flow MADDY	
4:15PM The Softer Side Yoga JACKIE			4:15PM Simple Yoga GURO		
5:00PM  Upbeat Barre	5:00PM 		5:00PM 		
5:30PM  Cycling Maddie	6:00PM EssentialYoga STEPHANIE	6:00PM HIGH fitness	6:00PM 		
6:00PM WERQ 					Effective 10-1-2024