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.

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

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 :

- 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

- Tai Chi promotes the circulation of life energy, encouraging wellness and vitality for all ages and genders. This non-strenuous exercise involves no jumps, aerobics, or running. Feet remain rooted while the torso and arms perform graceful, deliberate, and sequenced movements resembling physical poetry. Derived from martial arts, Tai Chi is now a relaxation and stress-reduction exercise.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM GROUP POWER	5:30AM Upbeat Barre	5:15AM GROUP POWER	5:30AM MAX H.I.I.T *Group X	5:15AM GROUP POWER	
	5:30AM CYCLING				
8:00AM Silver Sneakers	8:00AM EASY YOGA STRETCH	8:00AM Silver Sneakers	8:00AM Easy Yoga Stretch	8:00AM SENIOR HIIT	
	8:00AM GROUP POWER		8:00AM GROUP POWER		8:00AM GROUP POWER
9:00AM Max STRENGTH GROUP X STUDIO		9:00AM CYCLING		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	9:30 WERQ	9:15AM Gentle Yoga
10:00AM Fundamental Flow Yoga	10:30am ZUMBA	10:00AM Align & Flow Yoga		10:00AM Ashtanga Yoga	
	11:30AM FITSTOP TAI CHI		11:30AM FITSTOP TAI CHI		
4:15PM The Softer Side Yoga					
	5:30PM GROUP POWER		5:30PM GROUP POWER		
5:45PM WERQ	6:00PM Essential Yoga				Effective 10-21-2026

The Fit Stop Health Club

Schedule Classes or Childcare reservation at www.gympayment.com

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