



The Fit Stop Health Club




























Monday-Thursday 5am-10pm

Saturday 7am-8pm

Sunday 9am-4pm

Schedule Classes or Childcare reservation at 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  POWER	5:30AM Upbeat Barre 	5:15AM  POWER	5:30AM  HIGH fitness	5:15AM  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  POWER		8:00AM  POWER		8:00AM  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  POWER	9:30AM Upbeat Barre 	9:30AM  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 Upbeat Barre 	5:00PM  POWER		5:00PM  POWER		
5:30PM  Jackie		5:30PM  Cara			
6:00PM  WERQ	6:00PM EssentialYoga STEPHANIE	6:00PM  HIGH fitness	6:00PM  ZUMBA		Effective 11-7-2022