

## Fit Stop Group Exercise Schedule January 2012



Monday - Thursday 5:00 am -10:00 pm  
 Friday 5:00 am - 8:00 pm  
 Saturday 7:00 am - 8:00 pm      Sunday 9:00 am-1:00 pm  
[Check us out on FACEBOOK : Group X at the Fit Stop](#)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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### GROUP EXERCISE STUDIO

5:30 AM	5:30 AM	5:30 AM	5:45 AM	5:30 AM		
GROUP XPOWER	KickBoxing Circuit Juliette	GROUP XPOWER	Dynamics - ERIN	Complete Conditioning - ERIN		
6:30 AM	8:00 AM	9:00 AM	8:00 AM	9:00 AM	8:00 AM	
Step it Up MANDY	Silver Sneakers Lesa	GROUP XPOWER	Silver Sneakers Gail	GROUP XPOWER	GROUP XPOWER	
9:00 AM	9:00 AM		9:00 AM		9:00AM	
Sculpt Sweat LESA	Dynamics - MEG		ZUMBA FINEST		ZUMBA FINEST	
10:00 AM	10:00 AM	10:00 AM	10:00 AM			
DANCE FITNESS	GROUP XPOWER	DANCE FITNESS	GROUP XPOWER			
4:30 PM	5:30 PM	5:30 PM	5:30 PM			
GROUP XPOWER	GROUP XPOWER	Kick Boxing Circuit Juliette	GROUP XPOWER			
5:45 PM	6:30 PM	6:30 PM	6:30 PM			
Dynamics ERIN	Boxing Blast MANDY	ZUMBA FINEST	BagWorks Cody			
			7:30 PM			
			DANCE FITNESS			

### INDOOR CYCLING STUDIO TREADS & Climbing

5:30 AM	5:30 AM		5:30 AM	5:30 AM		
Ride It MISSY	Endurance Ride ELISE		F.I.T cycle LESA	Cycling Drills JACKIE		
		6:30 AM				
	Climbing Wall 10:00 am -Adv	30 Minute Cycling Sprint		Climbing Wall 9:15 am- Beginner		
	9:15 AM	10:15 AM	9:15 AM			
	F.I.T cycling LESA	30 Minute Cycling	Ride It MISSY			
5:45 PM	6:30 PM	5:45 PM				
Cycling Drills JACKIE	30 Minute Cycling	Road Ride Tawna				

### YOGA & PILATES STUDIO

	6:30 AM	5:30 AM	6:30 AM	6:30 AM		
	Morning Yoga Stretch ELISE	Vinyasa Flow Katie	Morning Yoga Stretch JACKIE	45 Minute Yoga Stretch, Pilates Core JACKIE		
		8:00 AM			8:00 AM	
		Adaptive Yoga Jackie			Mind & Body NED	
10:00 AM	10:15 AM	10:00 AM	10:15 AM	10:00 AM	10:00 AM	
Fluid Yoga KATIE	ABS Challenge Tawna	Softer Side of Yoga Brenda	Mat Pilates MOLLY	Vinyasa Energy JACKIE	Power Hour CHRISTINA	
11:15 AM			4:30 PM			
Mat Pilates MOLLY			Softer Side of Yoga Brenda			
6:45 PM	7:30 PM					
Hot Yoga MELISSA	Yoga Fundamentals NED					

9:00 AM		9:00 AM		9:00 AM		
HydroBlast PATTY		Water Drills PATTY		Hydro JULIETTE		