




































**GLOBAL FITNESS
CENTER**

www.globalfitnesscenter.com

Group Fitness Schedule

Located at the
Stow Shopping Center
978-897-5300

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am/30min class  Missy	5:30am  Cynthia		5:30am  Krissy			
	8:10am  Julie	8:30am/30min class  Cindy/Mary			8:00am  Paula	8:00am  Krissy
9:20am  Karen	9:20am  Deniel	9:20am  Cindy	9:20am  Laura	9:20am  Melissa	9:00am  Paula	9:00am  Lori
					10:15am  Erica	10:00am  Krissy
10:30am  Deniel	10:30am  Cindy	10:30am/ 90 min class Vinyasa Yoga Cindy	10:30am  Michelle	10:30am  Krissy	11:30am  Cindy	11:15am  Rotation
12:15pm/30min class  Julie	12:15pm  Cindy	12:15pm  Cindy C.	12:15pm  Lori	12:15pm  Lori	1:00pm  Tara/Cindy	
4:40pm Pilates Hollie	4:40pm/ 60 min class Vinyasa Yoga Cindy	4:40pm  Julie	4:40pm/ 60 min class Vinyasa Yoga Cindy	5:00pm/30min class  Deniel		3:15pm/30min class  Lori/Joanna
5:40pm  Lori	5:45pm  Lori	5:45pm  Kevin	6:00pm/30min class  Cindy	5:45pm 90 min class Vinyasa Yoga Rotation		4:00pm  Joanna/Krissy
					Child Watch Sessions <u>Monday – Friday</u> 8:45am – 10:30am & 10:30am – 12:00 12:00 – 2:00pm 4:30-5:45 & 5:45-6:45pm 6:45 pm-8:00pm -Mon-Thurs only <u>Saturday</u> 8:00am – 10:30am & 10:30am – 12:30pm	
6:45pm  Lori	7:00pm/30min class  Paula	6:45pm  Kerwin	6:45pm  Missy	Club Hours Monday – Thursday 5am – 10pm	Winter Schedule	
7:45pm  Hollie	7:45pm  Joanna	Gentle Flow Yoga Gwen	7:45pm  Krissy	Friday: 5am – 9pm Saturday & Sunday: 7am – 8pm		