

LAND GROUP CLASS SCHEDULE

FITPLAN/
MASHPEE FITNESS



HOURS:

MON: 5:30AM - 7PM
TUE: 5:30AM - 7PM
WED: 6:45AM - 7PM
THU: 5:30AM - 7PM
FRI: 5:30AM - 7PM
SAT: 7AM - 4PM
SUN: 8AM - 4PM

SCAN ME



MON

TUE

WED

THU

FRI

SAT

SUN

The Energy
Movement
7am to 8am

30min Circuit
Training
8am to 8:30am

Gym
Fundamentals
8am to 8:45am

Spin
9am to 10am

Gym
Fundamentals
8am to 9am

Spin
9am to 10am

Gym
Fundamentals
7:30am to
8:30am

Strength Cycle
10:15am to
11:15 am

Spin
9am to 10am

Everybody
Yoga 10:15am
to 11:00am

Everybody
Yoga 10:15am
to 11:00am

Gentle
Stretch Yoga
3pm to 4pm

Gentle
Stretch Yoga
3pm to 4pm

- **CARDIO FOCUSED CLASS**
- **STRENGTH FOCUSED CLASS**
- **MIND/BODY RECOVERY FOCUSED CLASS**

Group Fitness Class Descriptions

Welcome to Group Fitness at FitPlan!

We're so glad you're here. Our classes are designed to support every body—whether you're brand new to fitness, returning from rehab, or looking for a fresh challenge. From land-based favorites to dynamic aquatic sessions, you'll find something that moves you. All classes are led by certified, encouraging instructors who will meet you where you are and cheer you on every step of the way.

Land-Based Classes

30-Minute Circuit Training

Jump into a fast-paced full-body workout using a variety of equipment in a rotating circuit style. With short rest periods and guided transitions, this class helps improve strength, endurance, and overall conditioning in just 30 minutes. Perfect for busy schedules!

Spin

Get ready to sweat, smile, and cycle to the rhythm! This energizing outdoor spin class is tailored for all fitness levels and lets you ride at your own pace while soaking up great music and motivation from your instructor. Don't forget your towel and water bottle!

Gym FUNdamentals

New to the gym? This welcoming class is your perfect introduction! Learn how to safely use equipment, practice proper form, and build confidence in a supportive setting. Start your fitness journey with the tools to succeed.

Gentle Stretch Yoga

Unwind and reconnect with your body through gentle yoga postures, mindful breathing, and calming meditation. This class is perfect for increasing flexibility, promoting relaxation, and nurturing the connection between mind, body, and spirit. Please bring your own mat.

EveryBody Yoga

This inclusive, feel-good yoga class is made for all levels, all bodies, and all abilities. Whether you choose to practice in a chair, on a mat, or both, you'll be supported and empowered every step of the way. Come as you are—because EveryBody can do yoga!

The Energy Movement

Revitalize your body and spirit with this unique fusion of Yoga, QiGong, Pilates, Aerobics, and Calisthenics. This class is all about joyful movement, mindful breath, and embracing your energy in a welcoming and inspiring environment.

Strength Cycle

Challenge yourself with the perfect mix of cycling and strength! Enjoy 30 minutes on the bike followed by 30 minutes of focused strength training. This class supports you with encouragement, clear instruction, and a high-energy environment to help you build both endurance and muscle.

We're here for you! Ask a team member for guidance based on your goals and comfort level. We can't wait to see you in class!