



SMALL GROUP TRAINING

Group training allows you to get many of the same benefits of personal training at a fraction of the cost. You can get the expertise of our trainers in a variety of ways and also learn new exercises to challenge your body! Join our FIT LAB and TRX Small Group Training to see why it's the fastest growing form of training!

Wellness Week May 30th – June 4th (off for Memorial Day)

Summer Session I: June 6th – July 2nd

(no classes the week of July 4th)

Summer Session II: July 11th – August 6th

Summer Session III: August 8th – September 3rd

4 Weeks - \$ 60 sign up for a specific class and meet each week for 4 weeks of training.

OR Join 1 class for all 12 Weeks for \$156

10 Class Punch Card - \$199 the punch card option allows flexibility within the FIT Lab and TRX schedule. You get 10 classes to use over the two sessions.

SIGN UP at the FRONT DESK!

WEST FIT LAB Small Group Training						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7a Body Weight HIIT Kyle			5:30-6:30a TRX Slam Ball Fusion Ian		
	8-9a Xtreme Bootcamp HIITs Outdoors Priscilla		8-9a Barbell Bootcamp Erin			
	9-10a TRX Strength Priscilla		9-10a TRX Focus Ian	9-10a Row Core Sandy	9-10a Weekday Warrior Michelle	
				10:30-11:30a Iron Combat Brad	10-11a TRX Boomers Kyle	
		11-12p Strength for Seniors Heather		11-12p Total Care Kyle and Jake		
	12-1p Lunch Club Jake	12-1p Strength Intervals Jessica	12-1p Lunch Club Jessica/Michelle	12-1p Tread & Shed Taylor	12-1p Lunch Club Kyle	
	5:30-6:30p Tough Mudder Training Ian	6-7p TRX Slam Ball Fusion Ian	6-7p Row Core Ian	5-6p 'Train like a Trainer' Heather		

For information contact: Jake Salzman, Personal Training Manager or Priscilla Peterson, TRX Director
Princeton Club West 608-833-2639 or jake@princetonclub.net or Priscilla@princetonclub.net

Class Descriptions

*great for beginners

TOTAL CARE *

Prevent injuries and manage nagging aches and pains with Princeton Club Total Care. This twice weekly class: *Strengthens *Stabilizes your joints *Increases your flexibility *Helps manage and alleviate pain caused by muscle imbalance. Each week's focus will include stretching and movement patterns, soft tissue release, and strengthens and stabilization techniques for the foot and ankle, knee, spine and core, and shoulder. We hope you will take the challenge to take care of your body, you deserve it!

XTREME BOOT CAMP HIITs OUTDOORS

Modeled after actual boot camp each 'Company' (group) will work as a team and as individuals to achieve all of your fitness goals! Companies will work through: *Circuits *Obstacle courses *Speed training *Agility work *Strength *Power training. Participants will get a T-shirt/Tank Top and earn 'rank' by successfully completing each weekly session. No Excuses-All Results

ROW – CORE *

Rowers are some of the most physically fit athletes in the world because each stroke uses over 85% of your muscles. Using the row machine this class combines interval training with core strengthening. The high intensity circuits will improve your cardiovascular system as well as your muscular strength.

IRON COMBAT

'Glove up' for a specialized training session based on boxing and martial arts fighting techniques that will redefine your body. This high-intensity, fast-paced circuit style class includes punching and kicking while building core and upper body strength. The use of heavy bags, standing bags, and other combat equipment combined with a variety of cardio drills will challenge each participant. *Gloves and wraps required. Participants are encouraged to bring their own wraps.

LUNCH CLUB *

If you're looking to lose weight or just maintain this is the ideal lunch time workout. The workouts combine strength circuits and cardio intervals to keep your metabolism burning all day long. This motivating class provides consistent workouts, accountability, and education on the importance of health.

TRX STRENGTH

Steady paced TRX exercises focusing on increasing progression of difficulty, the development of all major muscle groups, and developing body structure. Appropriate for any fitness level, due to the variability that TRX offers.

TRX SLAM BALL FUSION This fun class uses the combination of strength exercises on the TRX straps and metabolic exercises with the dynamex ball. This creative workout leaves you feeling stronger and never bored with working out. As you gain muscle, your body begins to burn calories more efficiently. This class is designed to keep you strong and healthy!

TRX FOCUS *

Looking for something a little off-beat? Come check out this unique and constantly varying TRX class. Each week the workout will have a different focus; pulling movements, pure core strength, nothing but lunges, etc. Many other accessories will also be utilized to put together a truly fun and new experience.

TRX BOOMERS * Lower impact TRX circuit training consisting of easily regressed exercises designed to develop and maintain strength function in the older population. This is a great class for individuals with a previous hip or knee replacement or surgeries.

BARBELL BOOTCAMP Join us as we raise the bar in this strength training and interval class that utilizes one of the most basic pieces of exercise equipment: the barbell. Designed for all fitness levels, this class will target all major muscle groups as we look to build strength, endurance, and cardio.

BODY WEIGHT HIIT * In this class we will be using just our body weight to perform a number of different strength training and cardiovascular exercises based on the HIIT (high intensity interval training) method. This method involves short periods of high intensity exercise followed by a less intense recovery period that has been found to significantly improve cardiovascular fitness. All exercises are modified to be safe and effective. Come join this class to help burn away fat and increase endurance, strength, and metabolism! This morning class will guarantee that you will be burning calories all day long!

TOUGH MUDDER TRAINING Are you racing in a tough mudder this summer or fall? This group training will give you the strength and endurance to prepare you for the tough mudder. The class targets the specific muscle groups to make sure you are prepared for both the endurance and intensity that the tough mudder entails.

STRENGTH FOR SENIORS * This class offers postural development, core stability and total body toning at a gentle flow. It has a proper warm-up, appropriate exercise selection for strength, and ends with flexibility.

TREAD & SHRED This class combine's treadmill incline and speed intervals with core exercises to tighten your midsection. Each week participants will receive a take home treadmill work out that they can utilize in their own training program. If you want to spice up your treadmill cardio routine, shred your core, or just need a new fitness challenge, join our small group and sweat it out! Beginners to advanced walkers and runners welcome.

TRAIN LIKE A TRAINER Heather has over 15 years of experience as a Personal Trainer. In this class you will be working out with her and she will be pacing/pushing the class. Think "adult recess". Each class will incorporate a warm-up (cardio/dynamic), whole-body strength circuits, cardio bursts, and recovery. Are you up for the challenge?

WEEKDAY WARRIOR Are you the kind of person who likes to work hard and challenge yourself? – Then this is the class for you. It may be Friday, but this fuel pumping workout will start that weekend of with a bang! We may go outside and flip some tires, go to the gym and hit the heavy bags, do an obstacle course, or work hard in the Fit Lab. This class will be different and exciting each week. Who's ready to find their inner warrior?