

CLASS DESCRIPTIONS (*great class 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!

TRX FLO

TRX flo is a fusion workout combining TRX suspension training with stability, flexibility and core control exercise. Using popular poses, that can be easily modified to match your individual skill level, TRX Flo aims to focus your mind and body in a fun and approachable setting. Whether you are a just beginning, or are a seasoned veteran, this workout has what you're looking for. We hope you will join us in exploring your strength, and finding some relaxation.

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 total body strength exercises with an emphasis on core strength and stability. Participants will use the TRX straps, free weights and machines for a total body workout.

POWER F.I.I.T (Fridays Integrated Interval Training)

It's Friday a great way to end the workweek! Take your strength and conditioning to the next level with this High Intensity workout that incorporates weight training, plyometrics and cardio interval training.

MamaFIT

Hey Mama! We have a class just for you! The struggles of Pre and Postnatal fitness are real. Let us help guide you through this journey in a safe, and effective workout, that is geared specifically to new or expecting mothers. With nine children of her own, Personal Trainer Priscilla has the knowledge and insight to help evolve your developing body. Each 6 week session will include 1 'mom & me' class, with a workout plan ALL Moms can use!

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 BASICS Join us as we raise the bar in this strength training class that utilizes one of the most basic pieces of equipment: the barbell. Designed for all fitness levels, this class will target all major muscle groups as we look to build strength, and stamina. Our focus will be on form, as you learn safe and effective techniques in barbell strength training.

FIT and FUNCTIONAL TRX* Get fit with functional training techniques using TRX, strength equipment and your own body weight. Tone and define your muscles through intervals of strength, balance and agility. You will be challenged to take your body to the next level. Prepare for high intensity interval training to burn fat, increase muscle and cardiovascular efficiency.

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.

GOLFER'S STRENGTH A powerful golf swing is a combination of multiple variables, all coming together at the right time. This class will help you gain the flexibility, balance, and strength needed to hit the ball further than you ever have. We will also cover how to be consistent with your golf swing so you find the fairway more often. Whether you're a single digit handicapper or struggle to get the ball in the air, this class will benefit you. Golfer's who reach their athletic potential generally play better and enjoy the game for years to come!

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?

PURE TRX This class is for the TRX fanatic who doesn't want anything besides a pure suspension based workout. During this 45 minute session, we'll hit every muscle in the body, while almost never letting go of the TRX strap. No dumbbells, no barbells, no running. Just Pure TRX!

METABOLIC CIRCUITS Looking to burn a little unwanted body fat? Well, here's your shot. Metabolic Circuits is a fun and upbeat lunchtime group, that will include whole body strength and toning exercises with effective interval conditioning.

TRX WARRIOR Are you ready to work? Then this is your workout. TRX Warrior combines TRX suspension training, with every available strength training method you can think of, in addition to high output intervals. Each week provides a new and challenging workout, to keep your muscles guessing and heart pumping. Guaranteed to increase your fitness. Let your warrior out!

BODY WEIGHT H.I.I.T* 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