







## EAST *Group Exercise Class Schedule*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>6:00am</b> Body Sculpt 55 min.		<b>6:00am</b> Body Sculpt Express 45 min.		
		<b>8:15am</b> Abs/Glutes 30 min.	<b>8:15am</b> Turbo Kick Express 45min.	<b>8:15am</b> Abs/Glutes 30 min.		<b>8:00am</b> Cardio Mix 55 min. <b>NEW</b>
	<b>8:30am</b> Total Body Conditioning 70 min.	<b>8:45am</b> Zumba 55 min.	<b>9:00am</b> Body Sculpt Express 45 min.	<b>8:45am</b> Boot Camp In the Gym 55 min.	<b>8:45am</b> Body Sculpt 55 min.	<b>9:00am</b> Body Sculpt 55 min.
<b>9:30am</b> Body Sculpt 55 min.	<b>9:50am</b> Pilates 55 min.	<b>9:50am</b> Power Stretch 55 min.	<b>9:50am</b> Pilates 55 min.	<b>9:50am</b> Power Stretch 55 min.	<b>9:50am</b> Power Stretch 55 min.	<b>10:00am</b> Pilates 45 min.
	<b>12:00am</b> Body Sculpt 55 min.		<b>12:00am</b> Body Sculpt 55 min.			
<b>4:00pm</b> Iron Power Stretch 55min. <b>NEW</b>	<b>4:00pm</b> Power Stretch 55min.					
<b>5:00pm</b> Zumba Express 45min. <b>NEW</b>	<b>5:00pm</b> Interval Step 55 min.	<b>4:30pm</b> Body Sculpt 55 min.	<b>5:00pm</b> Total Body Conditioning 55 min.	<b>4:30pm</b> Body Sculpt 55 min.	<b>4:30pm</b> Pilates 45 min.	
	<b>6:00pm</b> PACE In the Gym 55 min.	<b>5:30pm</b> TurboKick 55 min.	<b>6:00pm</b> Zumba 55 min.	<b>5:30pm</b> KickBox 55 min.	<b>5:20pm</b> Zumba Express 45 min.	
	<b>6:00pm</b> Body Sculpt 55 min.	<b>6:30pm</b> On the Ball 30 min.	<b>7:00pm</b> Pilates 45 min.	<b>6:30pm</b> Power Stretch 55 min.	<b>6:10pm</b> Body Sculpt Express 45 min.	
	<b>7:00pm</b> Hustle Express 45 min.	<b>7:00pm</b> Power Stretch 45 min.				

\*\*3:15 pm Intro to Spin class will be the 1st Sunday of every month.

## EAST *Spinning®*

	<b>5:45am</b> 60 min.	<b>8:45am</b> 60 min.	<b>5:45am</b> 60 min.		<b>5:45am</b> 60 min.	
<b>8:30am</b> 60 min.	<b>8:30am</b> 60 min.	<b>12:00pm</b> <b>NEW</b> Express 45 min.	<b>8:15am</b> <b>NEW</b> Express 45 min.	<b>8:45am</b> <b>NEW</b> Express 45 min.	<b>8:30am</b> 60 min.	<b>8:00am</b> 60 min.
<b>3:15pm</b> <b>NEW</b> INTRO To Spin 30 min. <small>1st Sunday of the Month ONLY</small>		<b>5:15pm</b> <b>NEW</b> INTRO To Spin 30 min.				<b>9:30am</b> 60 min. <b>NEW</b>
<b>4:00pm</b> <b>NEW</b> 60 min.	<b>6:00pm</b> 60 min.	<b>6:00pm</b> 60 min.	<b>5:30pm</b> 60 min.	<b>5:30pm</b> 75 min.	<b>5:30pm</b> <b>NEW</b> Express 45 min.	

# EAST *Water Aerobic & Pool Schedule*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>10:00am</b> Aqua Strength & Endurance 60 min.		<b>10:00am</b> Aqua Strength & Endurance 60 min.	<b>10:00am</b> Senior Water Aerobics 60 min.	<b>10:00am</b> Aqua Strength & Endurance 60 min.	<b>8:00am</b> Aqua Step Strength & Tone 60 min.
<b>1:00pm</b> FAMILY SWIM 2 Hours						<b>9:00am</b> Water Power 60 min.
		<b>6:00pm</b> Water Power 60 min.		<b>6:00pm</b> Water Power 60 min.		<b>10:00am</b> FAMILY SWIM 2 Hours

All water exercise instructors are AEA (Aquatics Exercise Association) certified.

# PERSONAL

Princeton Club Personal Trainers are here for You.

# Training

ARE YOU NEW TO exercise?

Have you plateaued?

ARE YOU ONE OF MANY WHO LACK STRUCTURED VARIETY?

Are your workouts TOO enjoyable?

Does the thought of a new routine intimidate you?

ARE YOU OVERTRAINING?

ARE YOU LOOKING FOR HELP WITH A SPECIFIC ACTIVITY OR FUNCTIONAL TRAINING?

The same workout for a long period of time will create plateaus. What once was rewarding will become boring and frustrating. If you are frustrated, bored, or not improving, your fitness routine needs changing. A customized plan will help maximize the benefits for the amount of time invested. As an exerciser it is important to not only work hard, but also to work smart. Princeton Club trainers have the ability to craft a smart approach that will give you the results you have been looking for.

Starting any good habit is difficult. Unfortunately starting bad habits comes all too naturally. When a beginner joins a health club the cards may be stacked against them. Realistic goals, equipment understanding, time management, and ultimately the right workout program may be out of arms reach. Princeton Club Personal Trainers are available to help build confidence and ensure your goals are achieved. Start work towards habitual exercise by making an appointment with a trainer today.

**PRINCETON CLUB PERSONAL TRAINERS WILL HELP YOU!**

Do you have an exercise plan?

Do you wish to review your exercise plan to ensure that your workouts will meet your goals?

# EAST *Group Exercise Class Descriptions*

**Body Sculpt:** Using a variety of equipment including weighted body bars, resistance tubing, stability balls, dumbbells and BOSUs to define and tone the upper and lower body.

**Body Sculpt Express:** 45 minutes

**Boot Camp**— Not your typical group fitness class. Boot Camp provides a challenging workout in a positive and fun environment for all fitness ability levels. Focus is on cardiovascular endurance, muscular strength and endurance, agility, balance and speed.

**Booty Kickin':** Cardio kickboxing infused with strength, endurance and balance intervals along with a little abs & glutes for an overall booty kicking workout!

**Cardio Mix:** This dynamic format will get you moving with a variety of cardiovascular exercises used to increase endurance and burn fat. This class may also include formats such as Step, Boot Camp, Zumba and Turbo Kick.

**Hustle:** Burn up the dance floor and burn calories too! Hip Hop HUSTLE blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance!

**Iron Power Stretch:** Enjoy the balance and stretch aspects of Power Stretch while utilizing body sculpting movements enhancing strength and relaxation techniques.

**On The Ball:** Get on the ball and feel like a kid again! Class will include muscle toning, core (i.e. abs, backs and bottoms) and balance work all using the stability ball.

**PACE:** Performance and Conditioning Exercises is sports

conditioning for all athletes. Work at your own PACE. Cross train and maximize caloric expenditure working the entire spectrum of cardiovascular and muscle fitness: core conditioning, stability, balance, coordination and agility.

**Pilates:** Pilate's-based exercise trains the body for real life muscle function. You will see significant improvements in your posture, strength, functional flexibility and your quality of movement. Class may also utilize "Small Apparatus" which consists of certain equipment including: Fitness Circle, Fit-Ball, Small Ball, or Foam Roller. Intermediate to advanced.

**Power Stretch:** A flowing sequence of movements to strengthen and stretch your entire body. Increase your flexibility and posture while relaxing your mind.

**Step:** Challenge the major muscle groups of the lower body by stepping up and down onto an adjustable platform. Upper body arm movements are added to intensify the workout. A great cardiovascular workout!

**Step & Core:** Power stepping with core training. This 60 minute workout is guaranteed to make you sweat and burn.

**Total Body Conditioning:** Body Sculpting class with more pizzazz that will increase you metabolism and cardiovascular capacity by using a variety of equipment including weighted body bars, resistance tubing, stability balls, dumbbells and BOSU's to define and tone the upper and lower body.

**TurboKick:** Turbo Kick is a fun way to incorporate kickboxing, dance and martial arts into a high energy workout. **Express:** 45 min.

**Zumba:** The craze across the country! This Latin inspired class provides a great cardio workout while toning the glutes, legs and abs.

# EAST *Spinning® Class Descriptions*

**INTRO TO SPIN:** Learn the basics of Spinning. Focus on bike set up and various techniques

**SPIN EX:** 45 minute EXPRESS ride

The Spinning® program incorporates five Energy Training Zones:

**Recovery - Endurance - Strength - Interval - Race Day**

What to bring:

Moisture-wicking clothing. Wear a lightweight shirt such as a cycling jersey to keep you cool and dry.

Padded cycling shorts.

Water, before, during, and after your ride.

Towel. You'd be surprised how much you will sweat!

Heart rate monitor. The Spinning® program is based on heart rate parameters.

Stiff-soled shoes or cycling shoes.

# EAST *Aqua Class Descriptions*

**Aqua Strength & Endurance:** This class emphasizes total body conditioning using natural resistance of the water. Participants can vary their own pace to suit their unique goals and needs. We will begin with a 5 minute warm up and stretch followed by 40 minutes of cardio, then 15 minutes of strength training

**Water Power:** This is a high intensity total body conditioning class. This class includes cardiovascular moves that help strengthen the body by using the properties of the water. Buoyant and resistant equipment is utilized to increase strength, endurance and flexibility.

**Aqua Step, Strengthen and Tone:** This aqua step class incorporates intense 4-5 minute exercise intervals with two minute active recovery periods for a challenging workout. Buoyant and resistance equipment is used to strengthen and tone muscle groups.

**Senior Water Aerobics:** This low impact class is paced for seniors and designed to promote joint flexibility, range of motion, and agility while building cardiovascular fitness and muscle strength.

# MASSAGE *Therapy*

Hot Stone  
Massage Available  
with Gretta

Your body needs rejuvenation.

Massage can help keep your body strong and healthy.

Did you know...

Massage treats joint dysfunction and muscle pain

Massage keeps you at your optimum race pace training

Massage prevents injuries and aids in recovery from over training

Massage relieves the common stress symptoms

Massage reduces aches and pains of pregnancy

Schedule a message with Judith, Gretta,  
Jenny or Kezia today!

**30 Minutes** ..... 40.00

**1 Hour** ..... 60.00

**1-1/2 Hours** ..... 75.00

**2 Hours** ..... 100.00