



## EAST *Group Exercise Class Schedule*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>8:15am</b> Core Fusion 25 min. <b>New Time</b> Jamie/Shelly	<b>5:15am</b> Total Body Conditioning 45 min. Rhonda/Norma	<b>8:15pm</b> <b>NEW</b> Roll & Release 25min. Ellen	<b>5:45am</b> P90X 55 min. <b>New Time</b> Shelly		<b>8:00am</b> PACE In the Gym 55 min. Rotation
	<b>8:45am</b> Total Body Conditioning 55 min. Jamie/Shelly	<b>8:15am</b> Abs/Glutes 25 min. Kathy	<b>8:45am</b> Body Sculpt 55min. Deb/Megan		<b>8:15am</b> Turbo Kick Express 45 min. Jamie	<b>8:00am</b> Power Stretch 45 min. Ellen/Kelly O.
<b>9:00am</b> Body Sculpt 55 min. Kathy/KellyT/Rhonda	<b>9:50am</b> Pilates 55 min. Karen	<b>8:15am</b> <b>NEW</b> P90X 45 min. Shelly		<b>8:45am</b> <b>New Time</b> WERQ 45 min. Jacquelyne	<b>9:00am</b> Total Body Conditioning 55 min. Kathy	<b>9:00am</b> Body Sculpt 55 min. Kelly O.
	<b>11:00am</b> Fit For Life 55 min. <b>NEW</b> Karen	<b>8:45am</b> Zumba 55 min. Mark	<b>9:50am</b> Pilates 55min. Karen	<b>9:50am</b> Power Stretch 55 min. Brenda	<b>10:00am</b> Fit For Life 55 min. Kathy	<b>10:00am</b> INSANITY 55 min. Jen
	<b>12:00pm</b> Body Sculpt Express 45min. Kathy	<b>9:50am</b> Power Stretch 55 min. Brenda	<b>11:00am</b> Fit For Life 55min. Karen	<b>11:00am</b> Gentle Flow 55min. Brenda		<b>11:00am</b> WERQ 45 min. Rotation
		<b>11:00am</b> Gentle Flow 55min. Brenda	<b>12:00pm</b> Body Sculpt Express 45min. Kathy			
<b>4:00pm</b> Iron Power Stretch 55 min. Rebecca/Ellen	<b>5:00pm</b> Total Body Conditioning 45 min. Kelly T	<b>4:30pm</b> Body Sculpt 55 min. Elena	<b>5:00pm</b> Total Body Conditioning 55 min. Rhonda	<b>4:30pm</b> Body Sculpt 55 min. Kelly O.	<b>5:00pm</b> Body Sculpt 45 min. Jill <b>NEW</b>	
	<b>6:00pm</b> PACE In the Gym 55 min. Rotation	<b>5:30pm</b> TurboKick 55 min. Kelly O.	<b>6:00pm</b> Insanity In the Gym 55 min. Jen	<b>5:30pm</b> WERQ 55 min. Chris/Nicole	<b>5:45pm</b> Friday Night Dance Party 55 min. <b>NEW</b> Jill	
	<b>6:00pm</b> PIYO 55 min. Jen	<b>6:30pm</b> <b>NEW</b> Power Stretch/ Pilates 55min. Ellen	<b>6:00pm</b> Zumba 55 min. Teri/Lynn	<b>6:30pm</b> Pilates Barre 45min. Ellen <b>NEW</b>		
	<b>7:00pm</b> WERQ 55 min. Angelica					

## EAST *Spinning®*

	<b>5:45am</b> Express 45 min. Shelly		<b>5:45am</b> 60 min. Bruce/Maya		<b>5:45am</b> 60 min. Jill	<b>7:30am</b> <b>NEW</b> Express 45 min. Tammy
<b>8:15am</b> 60 min. Jill	<b>8:30am</b> Express 45 min. Bruce	<b>8:45am</b> 60 min. <b>NEW</b> Tammy	<b>8:30am</b> Express 45 min. Deb/Dawn	<b>8:45am</b> <b>NEW</b> 60 min. Katie	<b>8:30am</b> Express 45 min. Shannon	<b>8:30am</b> 75min. <b>NEW</b> Deb
<b>4:00pm</b> <b>NEW</b> Intro to Spin 45 min. Heidrun		<b>12:00am</b> <b>NEW</b> Express 45 min. Kim/Bruce	<b>5:30pm</b> 60 min. Heidrun	<b>12:00am</b> <b>NEW</b> Express 45 min. Kim/Bruce		
<b>5:00pm</b> <b>NEW</b> Express 45 min. Heidrun	<b>6:00pm</b> 60 min. Chris	<b>6:00pm</b> 60 min. Doug	<b>6:50pm</b> <b>NEW</b> Hip Hop Spin 45 min. Christina	<b>5:30pm</b> <b>NEW</b> 75 min. Heidrun	<b>5:30pm</b> Express 45 min. Rachel	

# EAST *Water Fitness & Pool Schedule*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>9:00am</b> Power in Motion 50 min. Beth		<b>9:00am</b> Power in Motion 50 min. Norma Jean			<b>9:00am</b> Aqua Bootcamp 60 min. Rotation
<b>1:00pm</b> FAMILY SWIM 2 Hours	<b>10:00am</b> Aqua Strength & Endurance 60 min. Beth		<b>10:00am</b> Aqua Strength & Endurance 60 min. Norma Jean	<b>10:00am</b> Aqua Strength & Endurance 60 min. Katie	<b>10:00am</b> Aqua Strength & Endurance 60 min. Jennifer	<b>10:00am</b> FAMILY SWIM 2 Hours
	<b>5:00pm</b> Adult Swim Lessons <b>POOL CLOSED TO HOST LESSONS</b>					
		<b>6:00pm</b> Water Power 60 min. Vicki		<b>6:00pm</b> Water Power 60 min. Vicki		

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

# EXTRAORDINARY MEMBER

## DENISE Hottman



Denise has worked with Dan Jackson in Cottage Grove for over 3 months and it has truly changed her life. Before coming to Dan, she was leading a lifestyle she knew she would need to change as she was now in remission and wanted to lead a healthier lifestyle.

Dan met Denise in April of 2016 and he remembers their first session very well. He started her workout by evaluating her nutrition, cardiovascular endurance, lower and

upper body strength, and core abilities. Within the first fifteen minutes Denise was completely fatigued, but she did not let this stop her from finishing the workout. Over the past few months, Denise has displayed great mental fortitude to overcome every physical challenge Dan threw at her including kettle bell circuits, battle rope challenges, and the dreaded stair master! Since beginning her weight loss journey, Denise has lost almost 35 lbs, has been more conscious of nutritional choices, she has cut her blood pressure medication in half, and is currently cancer free!

"It has been a privilege to be part of her weight loss journey and it makes me happy to see her embracing a more healthy lifestyle!"--Dan Jackson



**BIGGEST  
LOSER**

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

# EAST *Group Exercise Class Descriptions*

**Abs & Glutes:** A 25 minute class that specifically focuses on challenging the abdominal and gluteal muscles. This quick class will help you achieve stronger abdominals and glutes.

**Afro-Caribbean Dance Rhythms:** African roots fused with the multi-cultural influences of Caribbean dance, which come from African, Chinese, Spanish, South Asian and indigenous Caribbean peoples. Rhythms may include, but are not limited to, Reggae, Reggaeton, Samba, Brazilian Funk, Axe, Soca, Calypso and African. This format will be included in various Friday Night Dance Party classes.

**Barre Plates Fusion:** integrates the disciplines of Pilates with core-conditioning and stretching to produce long, lean muscles and a strong, flexible body. Challenge your body to work from the inside out through repetitive movements in small muscle groups, with particular focus on legs, bottom, core, and arms. This class is open to all levels.

**Body Sculpt:** 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.

**CIZE™ LIVE:** is professional dance for everyday people. Created by Shaun T, world-famous choreographer and fitness trainer, CIZE LIVE breaks down professionally choreographed dance routines, step-by-step, so that anyone can dance! Also included in various Friday Night Dance Party classes.

**CORE FUSION:** This dynamic class will consist of exercises that will strengthen and challenge your entire core. With fun and innovative movements you will increase your strength and balance. Class will use a variety of equipment and is suitable for all fitness levels.

**Friday Night Dance Party:** What do you get when you combine WERQ and Zumba? A crazy fun dance party! Join us for a unique class that combines multiple dance fitness formats into one class. Come experience a variety of musical influences including pop, rock, hip hop and exotic rhythms that are fiercely fun. Your energy will go through the roof! It's dance, it's sweat, it's a party!

**Gentle Flow:** A gentle sequence of movements to strengthen and stretch your entire body. Increase your flexibility and posture while relaxing your mind without the repetitive flowing up and down movements of Power Stretch.

**P90X LIVE®** uses the science of muscle confusion to help you bust through plateaus and achieve your fitness goals. This is a full-body, strength-training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. P90X LIVE is suitable for all fitness levels, fully modifiable for beginners, deconditioned populations and those with specific needs.

**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.

**PIYO:** Unique athletic blend of strength training and core conditioning with a foundation in Pilates and Power Stretch. The combined moves form effective choreography that's challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

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

**INSANITY:** This nationally recognized workout is getting lots of buzz and best of all...it's FOR ALL LEVELS! A high-intensity cardio conditioning class that requires no equipment - just your own bodyweight and ENERGY! No matter what your level - beginner to athletic - this class is for everyone! No choreography - just basic and efficient moves to torch fat! You're bound to love all the options offered for your personal intensity!

**FIT FOR LIFE:** Fit For Life is fun, functional and effective. Build muscle strength. Increase endurance. Improve bone density and balance. This class is designed for an older adult population or for those who would like a less vigorous fitness option.

**Roll & Release:** Grab a foamroller and get ready to improve core stability, strength, and balance while incorporating self-massage techniques and stretching. Open to all ability levels.

**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:** A combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. **Express:** 45 min.

**Warrior Boot Camp:** A fun total body fitness class for warriors of all ability levels! Class activities include running, rope jumping, fitness games, and strength training all designed to develop and unleash the warrior in you.

**WERQ:** Build cardiovascular endurance dancing to today's hottest Top40 Pop, Rock and Hip-Hop music! WERQ up a sweat on the dance floor to all your favorite charting hits.

**Zumba:** Dance to the pulsating beat of high-energy music. Zumba is a style of intense dance aerobics which incorporates simplified footwork and body movements from salsa, flamenco, hip hop and many other dance forms. **Express:** 45 min.

# EAST *Spinning® Class Descriptions*

**SPIN EXPRESS:** 45 minute ride

**Spinning Recovery Zone** - Nearly effortless to easy effort, this class is designed to provide a light load starting point for riders with a low fitness level, easy training for post injury training or training in between high intensity workouts. This is a calm and quiet ride with an emphasis on relaxed deep breathing.

**Hip Hop Spinning:** This class incorporates hot music, class interaction, and drills to build aerobic endurance and cycling skills. Class content is primarily targeted toward people who are new to cycling or looking for an alternative to their regular spinning class.

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 Bootcamp:** This class is a rigorous cross-training workout combining bursts of cardiovascular exercise, water aerobics, modified plyometrics and strength training. It is a great way to improve your fitness level.

**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.

**Power in Motion:** An intensive 50 minute class challenging your fitness to the next level! Taking full advantage of the benefits of water resistance by traveling the pool in various ways. We will use a variety of resistance equipment, High Intensity Interval Training (HIIT) and spurts of Tabata to make you sweat!

**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.

# MASSAGE *Therapy*

Packages may be split into monthly payments  
One free hour added to package of  
10+hrs if paid in full

## SINGLE SESSIONS

30 min .....	\$49
60 min .....	\$74
90 min .....	\$99
120 min .....	\$124

## MULTI-MINUTE PACKAGES

5 hrs \$60/hr .....	\$300
10 hrs \$58/hr .....	\$580
15 hrs \$56/hr .....	\$840
25 hrs \$50/hr .....	\$1250

## MASSAGE MEMBER

One massage per month ONLY \$55.00  
Two massages per month ONLY \$99.00

Based on a 12 month plan