

# PRINCETON CLUB *"we're committed to you"* SMALL

# GROUPO

# PERSONAL

# Training

## Spring Session II 8 Week Sessions 60 Minutes

DATE	DAY	TIME	CLASS	TRAINER	CLUB
June 27-Aug 15	Monday	5:00pm	ABSolute Tummy Tucker	Crystal	East
June 27-Aug 15	Monday	5:00pm	Cardio Acceleration	Billy	East
June 27-Aug 15	Monday	6:00pm	Body Transformation Boot Camp	Lauren	East
June 28-Aug 16	Tuesday	6:00am	Biggest Loser Continuation	Lauren	East
June 28-Aug 16	Tuesday	10:00am	Hot Mamas	Crystal	East
June 28-Aug 16	Tuesday	3:30pm	Biggest Loser Continuation	Crystal	East
June 28-Aug 16	Tuesday	5:00pm	Biggest Loser Continuation	Crystal	East
June 28-Aug 16	Tuesday	5:00pm	Adult Swim Lessons-Beginner	Katie	East
June 28-Aug 16	Tuesday	6:00pm	Biggest Loser Continuation	Billy	East
June 28-Aug 16	Tuesday	6:00pm	Strength Circuit Boot Camp	Katie	East
June 29-Aug 17	Wednesday	5:00pm	Biggest Loser Continuation	Cole	East
June 29-Aug 17	Wednesday	6:00pm	Biggest Loser Continuation	Crystal	East
June 30-Aug 18	Thursday	6:00am	Biggest Loser Continuation	Billy	East
June 30-Aug 18	Thursday	5:00pm	Buns N Guns	Lauren	East
June 30-Aug 18	Thursday	6:00 pm	Biggest Loser Continuation	Lauren	East
July 1-Aug 19	Friday	5:00pm	H.I.I.T.	Junior	East
July 2-Aug 20	Saturday	9:00am	Biggest Loser Continuation	Crystal	East
July 2-Aug 20	Saturday	9:00am	Fit Chicks	Lauren	East

**Member Fee \$149, Non-member Fee \$159**

**For more information contact**



## **Crystal Harvey - Group Training Director 608-241-2639**

**ABSOLUTE TUMMY TUCKER**—Do you dread traditional ab workouts? If so, this group is for you! ABSolute Tummy Tucker focuses on tightening and toning your core all while slimming your waistline. You will incorporate interval training with intense abdominal work that includes everything \*except\* traditional sit ups or crunches.

**ADULT BEGINNER SWIM LESSONS**— Have you always wanted to swim but don't know how? Are you embarrassed that even as an adult you can't swim? This class will give you basic breathing, treading and stroke techniques to make you comfortable in the water. Spots are limited, so sign up today!

**BIGGEST LOSER CONTINUATION**-- Join a group of other members committed to weight loss. If you want to lose 5lbs or 100lbs, this class is for you. Groups welcome all fitness levels and will incorporate modifications and variations to accommodate any injuries or limitations you might have. From triathletes to beginners, everyone is joining this fun and intense workout to achieve measurable results!!

**BODY TRANSFORMATION BOOT CAMP**—This group will include every aspect of body transformation. BTBC will incorporate circuits that activate multiple muscle groups simultaneously PLUS add interval training to shed body fat and achieve lean muscle tissue. You will notice in no time how much more sculpted your body is getting. If you want to shred fat on your body, this class will get you there!!

**BUNS N GUNS**—Strong is the new sexy! Society has crushed the myth that lifting weights will make women bulky. Instead, lifting heavier weights will actually develop the muscle definition women “ooo and ahhh” over in fitness magazines. Each week we will target and isolate a specific muscle group by using various powerlifting, strength building and muscle defining techniques! Our emphasis will be toning and lifting the glutes, intentionally focusing on the lower body AND targeting the variety of muscles of the upper body like shoulders, biceps and triceps.

**CARDIO ACCELERATION**—Are you looking to build muscle, burn fat and achieve the lean physique you see in fitness magazines? With this high intensity technique of incorporating cardiovascular conditioning between your weight training sets, you can shed body fat at the optimal level. This class provides high intensity interval training which has been proven to be the most effective in building lean muscle and decreasing body fat.

**FIT CHICKS**—Fit Chicks is for women of any age and any fitness level. Our focus is scorching calories and shedding pounds to build long-lasting lean muscle. We use ropes, ladders, kettle bells, Bosu balls, dumbbells, and even partner exercises to keep the workouts fresh and exciting every week. Fit Chicks work hard and play hard, but mostly Fit Chicks GET RESULTS!

**H.I.I.T.-- HIGH INTENSITY INTERVAL TRAINING** -- A class for anyone looking to burn fat, build lean muscle, and increase their metabolism. It is a mixture of specific timed intensity intervals and rest periods, pushing you to the max while still giving you the calculated time to recover before the next exercise.

**HOT MAMAS**--Get your body back after babies!! Trying to recover from your latest pregnancy? Want to lose that extra baby weight from a previous pregnancy? Incorporating circuits and interval training, we will focus on building up your core strength to slim your waistline AND work on toning your hips and lifting your butt! You'll have tons of fun as you join other moms who are working to get their pre-baby bodies back!! If you join Hot Mamas, you'll be back in your old clothes in no time!

**STRENGTH CIRCUIT BOOT CAMP**—This is a high-impact, plyometric focused class. This workout is broken up into a variety of circuits, including a warm-up, cardio sessions and a cool-down. You'll leave this class feeling high off endorphins and dripping wet with sweat.