




Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am Define 60 min. 1	5:30 am Circuit 60 min. 1	5:30 am Fitness Challenge 45 min. 1	5:30 am Circuit 45 min. 1	5:30 am Tread and Shed + abs 60 min. 1	
	8:15 am Define 45 min. 1	8:00 am Fit For Life 60 min. 1	8:00 am Pump 60 min. 1	8:00 am Fit For Life 60 min. 1	8:15 am Metabolic Magic 45 min. 2	8:00 am Step 60 min. 2
9:30 am Pilates 60 min. 1	9:15 am Zumba 60 min. 2	8:15 am Gunz-n-Gutz 45 min. 2	9:15 am Zumba 60 min. 2	8:15 am Butz-n-Gutz 45 min. 2	9:15 am Zumba 60 min. 2	9:15 am Zumba 60 min. 2
9:30 am Boot Camp 60 min. 1	9:15 am Pump 60 min. 1	9:15 am Zumba/Zumba Toning 60 min. 2	9:15 am Double Pump 75 min. 1	9:15 am Define Plus + 70 min. 2	9:15 am F.I.T. 45 min. 1	9:45 am Yoga 60 min. 1
10:30 am Zumba 60 min. 2		9:15 am Define + abs 75 min. 1	9:15 am Pilates 45 min. P	9:30 am Impact Pumped Up! 60 min. 1	9:30 am Yoga 60 min. P	
10:40 am Boot Camp 60 min. G				10:30 am Flex & Stretch to Go 30 min. 1		10:30 am Define + Abs 75 min. 2
	10:30 am Flex & Stretch to Go 30 min. 1					11:15 am Beginner Kickboxing 45 min. 1 <small>This class will be discontinued after May 7th and return in Fall</small>
	12:00 pm Power Hour 60 min. 1	12:00 pm Step 60 min. 2				
			4:45 pm Beginner Zumba 45 min. 3rd Wednesdays of each month 5/18 2	5:30 pm Impact 45 min. 1		
6:00 pm Mindful Movement 60 min. 1	4:45 pm Turbo Kick 50 min. 2	5:45 pm Define 60 min. 2		6:15 pm Zumba 60 min. 2		
	6:15 pm Impact 70 min. 1	6:00 pm Beginner Yoga 60 min. 1	5:30 pm Yoga 60 min. P			
	7:00 pm Zumba 60 min. 2	7:00 pm Zumba 60 min. 2	5:45 pm Define 60 min. 2	6:25 pm Pump 60 min. 1		
	7:30 pm Beginner Pilates 45 min. 1		7:00 pm Zumba 60 min. 2	7:35 pm Yoga 60 min. 1		

Cycling Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am Power Ride 45 min.			5:30 am Ride 45 min.	5:30 am Power Ride 45 min.	7:30 am Ride 45 min.
9:15 am Ride 45 min.	9:15 am Excel Ride 60 min.	9:15 am Interval-Core Ride 60 min.	8:15 am Ride 45 min.	9:15 am Ride 45 min.	9:15 am Excel Ride 60 min.	
	10:30 am Express Ride 30 min.					
	5:30 pm Ride 45 min.	6:00 pm Ride*** 45 min.	5:30 Ride for Beginners 30 min.	5:30 pm Ride 45 min.	5:30 pm Ride 45 min.	
		Last Tuesday of each month will 60 minutes	1st Wednesday of month 5/4			

Water Aerobics

January - June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 am WET Aerobics Lap Pool 60 min.	8:30 am WET Condition Lap Pool 60 min.	9:00 am WET Aerobic/Stretch Lap Pool 45 min.	8:30 am WET Condition Lap Pool 60 min.	8:30 am WET Aerobics Lap Pool 60 min.	7:30 am WET & Deep Lap /Current Pool 60 min.
		1:45 pm WET Seniors Current Pool 60 min.		1:45 pm WET Seniors Current Pool 60 min.		8:45 am WET Aerobics Current Pool 60 min.
	5:00 pm WET Aerobics Current Pool 60 min.	6:35 pm WET Condition Current Pool 60 min.	6:15 pm WET Tone & Flex Current Pool 45 min.	5:30 pm WET Current Challenge ... Current Pool 60 min.		



Keep the classes you like!
Don't forget to always sign in for your classes
in the studios

Group Exercise Class Descriptions

Beginner Kickboxing (coming in October) This is an introductory class to Impact (see below). Learn the punches, kicks, and build endurance!

Boot Camp - Be ready for strength and cardio in a boot camp style. Fast paced and filled with challenges. This class is for those who are serious about getting in shape!

Butz n Gutz & Gunz & Gutz- Perfect to work on those "areas of concern" for any season.

Circuit - Maximize your workout time! This 45 minute interval training class has it all - strength training, high intensity cardio and lots of ab work to target stored body fat. Bags, bikes, bars and more will be incorporated into this fast pace, intense class. Great for ALL fitness levels, wide enough range to challenge the experienced, and get the first time lifter started.

Core - Target your midsection! 45 minutes of core stabilization and strengthening exercises that will enhance every facet of your fitness program. Emphasis on abdominals, obliques, low back and hips.

Define - This 60 minute hard core sculpting class is just what you need to add cuts, contours and tone your entire body. *Define Express is 45 minutes. Define + abs devotes additional time to ab and core work.*

Double Pump - This unique 75 minute class races from the elliptical to the treadmill to the studio for a cardio challenge, while you lift weights and do solo, partner, and team training. Games are possible - fun is definite! (Please arrive early to set up your equipment).

F.I.T. - **Fast Integrated Training.** Challenge yourself with this intense conditioning class based on work capacity circuits, body weight strength, speed and agility. The variety will always keep you and your body guessing.

Fitness Challenge - A combo of cardio, core, strength packed in a 45 minute class to get a little bit of both to start your day!

Fit For Life - Develop a lifelong skill that can increase your longevity. Strength training! Whether you are a beginner or have been lifting for years this 60 minute workout will improve your quality of life. Great for seniors, beginners, and those looking for lower impact.

Impact - This 60 minute knockout class is all you need to burn unwanted fat! You'll get your cardio and strength training through kickboxing moves using bags, mitts, jump ropes and more. Impact Pumped Up takes it a step up and incorporates strength training.

Metabolic Magic - Using different weight sets, build your muscle strength and endurance while adding in intervals of cardio and balance sets. A perfect choice of 45 minutes of your time to effectively achieve a powerful and effective total body workout.

Mindful Movement Kick off your week by rejuvenating your body during this 60 minute workout. Classes will focus on balance, toning and mindfulness through gentle yoga flow. All levels welcome.

Power Hour - Get it all done over the lunch hour! One hour of a combination of cardio, strength, and core. Challenge yourself and feel great!

Pilates - This 45 minute mat class incorporates exercises designed to build a base of strength, toning, and flexibility necessary to progress to a higher degree of body awareness.

Pump - Add life to your weight training workout! This 60 minute class is an interval training class that utilizes free weights (dumbbells-barbells) that offers a wide enough range of weight to challenge the experienced, and get the first time lifter started.

Stretch and Flex - A stretching class focusing on injury prevention in common joint areas such as hips, knees and shoulders. It is taught in a beginner yoga format with stretching, gentle strengthening and simple balance. No experience required.

Tread and Shed- Need an early morning kicker? Try this 1/2 hour class on the treadmills upstairs that will get your heart pumpin' and your body energized for the whole day!

Turbo Kick- Turbo Kick® mixes kickboxing and simple dance moves with hot, current music. Bring your own style-go full intensity or modify moves to suit your body's needs! All fitness levels are invited to the party!

Yoga- Classes are fitness based and great for increasing mindfulness and flexibility. Gain clarity and honor the strength you already possess through gentle movement and strengthening sequences. All levels welcome.

Beginner Yoga Want to sleep better, have more energy and increase your mood? Then join us for this 60 minute workout. Classes lie a strong foundation for participants as we touch on body alignment, introduce breathing techniques and break down poses to fit every body. All levels welcome.

Zumba- The craze across the country! Latin inspired workout will give you cardio, and great target toning of the glutes, legs, abs, and arms. Great class to come to with your friends and have a blast!

Group Exercise Class Descriptions, *continued*

Ride for Beginners - Always wanted to try the class but don't know how to start? Ride for Beginners is a 20 minute - 30 minute ride that will introduce you to bike set up and teach you the basics in ride. Come and find out what a great calorie burning, lower body strength class this is!

Ride - A 45-minute class that is good for new riders and experienced riders. Choose your own level and pace and we take you through a variety of rides that focuses primarily on cardio endurance and strength.

Interval-Core Ride - Interval training is well known to be the fastest and most effective way to improve cardio fitness. Spinning will give you intense interval training with no impact. And don't discount the 15 min of abs at the end..

Power Ride - Ride into high gear with this exhilarating 45 minute cycling class. Instructors will demonstrate intensity options and conclude with 15 minute ab workout.

Excel Ride - Take your Ride to the Next Level! 60 minutes of cycling, incorporating all the components of Power Ride with the advanced cyclist in mind.

Water W.E.T. Descriptions

W.E.T. Aerobics - Enjoy our cardiovascular workout including warm-up, cool down, and stretching.

W.E.T. Current Challenge - Working against the current will challenge your whole body.

W.E.T. & Deep - Working out deep! Includes cardiovascular, resistance, toning, warm-up, cool down. & stretching.

W.E.T. Conditioning - Strengthen and tone in this class using a variety of equipment.

W.E.T. Seniors - A class geared toward the seniors. A full body strength and conditioning class. Range of motion/flexibility is a large consideration in this class.

W.E.T. Tone & Flex - This class will help increase your range of motion and flexibility as well as decrease your recovery time after working out. This class is also great for those suffering from arthritis.

Important Things to Know!

Always inform your physician before starting a new exercise program.

Wear a separate pair of workout shoes for in the club. This keeps your shoes in shape and helps maintain the studio floors.

Inform the instructor and club of any health issues or if you become pregnant.

Bring a water bottle and be sure you keep hydrated through the class.

Workout at your own pace and listen to your body. If something hurts, stop. Know the difference between muscle discomfort and actual pain. Work within your target heart rate. If you are unsure, ask an instructor.

Classes are subject to change at any time. Class participation is tracked and classes that maintain less than an average of 10 people may be dropped.

Always make sure you sign in each class!

Ride class sign up is located at the Front Desk and Ride tags are available one hour before each class.

If you have any questions or concerns, please feel free to contact

Renee Warzon

Programming/Group Exercise Director

414-525-2361

rfountain@princetonclub.net

Nancy Arnold

Aquatics Director

414-525-2376

narnold@princetonclub.net