

WEST Group Exercise Class Schedule

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|--|---|
|  | 6:45am Hard Core Fusion 30 min <hr/> 8:00am Energy Workout 60 min. | 6:00am Pilates 45 min. | 6:00am Abs & Glutes 45 min. | 6:00am Body Sculpt 45 min. | | 7:15am Pilates' Intermediate 45 min. |
| 8:30am Body Sculpt 55 min. | 9:00am TurboKick Mash-Up 75 min. | 8:00am Body Sculpt 60 min. | 8:00am Cardio Drum Fusion 60min. | 8:00am Body Sculpt 60 min. | 8:00am Cardio Stretch 60 min. | 8:00am Body Sculpt 55 min. |
| 9:30am TurboKick Express 55 min. | 10:15am Power Stretch 45 min. | 9:00am Cardio Circuit Blast 75 min. | 9:00am BOSU Playground 60 min 10:00am TurboKick 75 min. | 9:00am Warrior Boot Camp 75 min. NEW | 9:00am F.I.T. Interval Training 75 min. | 9:00am Cardio Circuit Blast 55 min. |
| 10:30am Hi Energy Low Impact 55 min. | 12:00pm Zumba Sculpt 60 min. | 10:15am Boomers' Boot Camp 45 min. NEW | 12:00pm Body Sculpt 60 min. | 10:15am Power Stretch 45 min. | 12:00pm Zumba 60 min. | 10:00am Turbo Kick 75 min. |
| 4:00pm Zumba 55 min. | 4:00pm Body Sculpt 55 min. | 4:00pm TurboKick Express 55 min. | 4:00pm Body Sculpt 55 min. | 4:00pm Athletic Abs & Power Glutes 55 min. | 4:00pm Body Sculpt 55 min. | 11:15am Zumba 55 min. |
| | 5:00pm Zumba 55 min. | 5:00pm Step 55 min. | 5:00pm Zumba 55 min. | 5:00pm Boot Camp Express 55 min. | 5:00pm Hip Hop Hustle 55 min. | |
| | 6:00pm Cardio Circuit Blast 55 min. | 6:00pm Body Sculpt 55 min. | 6:00pm Pilates Intro 45 min. | 6:00pm Body Sculpt 55 min. | 6:00pm Power Stretch 55 min. | |
|  | 7:00pm Power Stretch 55 min. | 7:00pm Zumba 55 min. | 6:45pm K Plus K KickBox Plus Kettlebells 55 min. NEW | 7:00pm TurboKick 75 min. | |  |

**6:30pm Intro to Spin class will be the 1st Monday of every month.

WEST Spinning®

| | | | | | | |
|-----------------------|--------------------------------------|---------------------------------|--------------------------------------|------------------------|-----------------------|-----------------------|
| | 6:00am 45 min. | | 6:00am Spin Core 60 min. | | 6:00am 60 min. | |
| 9:30am 60 min. | 9:00am 60 min. | 12:00pm 60 min. | 9:00am Spin Intervals 60 min. | 12:00pm 60 min. | 9:00am 60 min. | 8:00am 60 min. |
| | 5:30pm Spin Intervals 60 min. | 6:00pm Spin Core 75 min. | 5:30pm 60 min. | 6:00pm 60 min. | 5:30pm 60 min. | 9:30am 60 min. |

6:30pm**
Intro 45 min.
1st Monday of Month ONLY



Sign up for all Spinning® classes begins 60 minutes prior to class start time and ends 10 minutes to class time at the front desk.

WEST *Water Fitness & Pool Schedule*

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|---|--|
| 9:30am Hi-Lo Aqua 60 min. | 8:00am Hi-Lo Aqua 60 min. | 8:00am Aqua Stretch 60 min. | 8:00am Hi-Lo Aqua 60 min. | 8:00am Aqua Stretch 60 min. | 8:00am Hi-Lo Aqua 60 min. | 9:00am Advanced Water 60 min. |
| | 9:00am Boot Camp H2O 60 min. | | 9:00am Aqua Zumba 60 min. | | 9:00am Water Intensity Training 60 min. | 10:00am FAMILY SWIM 2 Hours |
| 1:00pm FAMILY SWIM 2 Hours | 6:00pm Advanced Water 60 min. | 6:00pm Boot Camp H2O 60 min. NEW | 6:00pm Aqua Zumba 60 min. NEW | 6:00pm Hi-Lo Aqua 60 min. | | |
| |  | | | |  | |

PERSONAL

Training

Princeton Club Personal Trainers are here for You.

ARE YOU NEW TO exercise?

Have you plateaued?

Are you one of many who lack structured variety?

Are your workouts TOO enjoyable?

ARE YOU OVERTRAINING?

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

Do you have an exercise plan?

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

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.

WEST *Group Exercise Class Descriptions*

AM ENERGY WORKOUT: Start your day off on the right foot with an energizing workout consisting of heart-pumping moves, toning, core, and a final stretch. (60min)

ATHLETIC ABS, POWER GLUTES: A challenging class focusing on the abdominal and gluteal muscles.

BODY SCULPT: The ultimate in body shaping! A strength training workout employing stability balls, hand weights, body bars, resistance bands and med balls to sculpt, define, and tone the upper and lower body.

BOOMER'S BOOT CAMP: Packed with fun, effective, functional, yet manageable boot camp drills that will improve core, strength, and cardio endurance; this session will help you maintain a healthy lifestyle. Designed with the Baby Boomer in mind.

BOOT CAMP EXPRESS: (55min)

BOSU PLAYGROUND: A core based training session which integrates balance with muscular strength, endurance, power, cardiovascular conditioning, agility, proprioception and flexibility.

CARDIO CIRCUIT BLAST: An ultra challenging workout where sports drills are performed in a circuit and equally intermixed with sports specific running drills. This training session is designed to build cardiovascular endurance and muscular strength. (75min)

CARDIO DRUM FUSION: People who drum become more balanced, less stressed, and have improved concentration. Join the fun and challenge the heart and mind using drum rhythms and the stability ball. (60min)

CARDIO/STRETCH: Experience two forms of training, a cardiovascular low impact aerobic workout followed by a 30 minute stretch and flexibility segment.

F.I.T. FITNESS INTERVAL TRAINING: Bouts of cardio-activity coupled with bouts of resistance training yields a great way to burn calories and elevate your fitness level. A total body workout! (75 min.)

HARD CORE FUSION: This session is designed to build a strong core, increase muscular strength, and improve flexibility through the use of challenging abdominal exercises and power stretch poses. (30 min.)

HI-ENERGY LOW: Pump up your energy level with low impact aerobics followed by body toning resistance work.

HIP HOP HUSTLE: Burn calories as you burn up the dance floor! Hustle is a blend of hip hop and dance moves. This workout is easy to follow. Anyone can participate! Join the dance party, drop the pounds, and get rapid results. (55min)

K PLUS K- KICKBOX PLUS KETTLEBELLS: High-energy kick box intervals plus full body muscle, cardio, and core training using kettlebells.

PILATES' (MAT Class) INTRO/INTERMEDIATE: A unique system of body conditioning which strengthens and tones muscles, improves posture, flexibility and balance.

POWER STRETCH: In this class you will perform a progressive series of exercises which will focus on improving core stability, strength, balance and flexibility.

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.

TURBO KICK: Turbo Kick is a fun way to incorporate kickboxing, dance and martial arts into a high energy workout.

TURBO KICK MASH UP: Get the best of both when you combine Turbo Kick and Hip Hop Hustle for a heart-pumping workout.

TURBO KICK EXPRESS: (55min.)

WARRIOR BOOT CAMP: A 75 minute back to basics fitness class that will provide a challenging, competitive and positive environment for all fitness levels. In this total body workout each team member will be trained and conditioned to be the best you can be.

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 other dance forms.

ZUMBA SCULPT: Dance to the beat of pulsating music and finish this session with body shaping strength moves.

WEST Spinning® Class Descriptions

NEW PARTICIPANTS... please arrive at least 15 minutes prior to class time. Intro classes are held on the first Monday of each month. 45 minute ride after orientation and bike set up.

Spinning®: Take the ride of your life! Spinning is a group cycling class which accurately replicates the feel of the cycle on the road. Experience hills, flat terrains, and jumps using various sitting and standing positions. Spinning is for everyone, at any age, and any fitness level. It is simple, easy to learn, and a great workout. Monday and Friday 9:00am class includes band work.

Spin Core: 60 and 75 minutes. Spin Core is a combo class which combines a Spinning ride with core training exercises that strengthen and stabilize the muscles needed for more efficiency during Spinning Class, cycling and everyday class activity.

Spin Intervals: 60 minutes. Blast calories and increase fitness when you challenge the heart through bouts of aerobic and anaerobic cycling movements followed by active recovery.

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, water, and more water, before, during, and after you ride.

Towel. You'd be surprised how much you can sweat in a Spinning® class.

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

Stiff-soled shoes or cycling shoes.

WEST Water Fitness Class Descriptions

Benefits to Water Training Classes:

Low impact movement in the water provides support for the joints and aids in the recovery of an injury. Water aerobics classes offer a total body workout that is challenging and fun for all ages and fitness levels. Speak to any of our certified instructors if you need special attention or have questions about personalizing your workout.

ADVANCED WATER: A workout designed to increase cardiovascular endurance. Ideal for the individual who needs an intermediate level of training. Strength training equipment is used to enhance this class.

AQUA STRETCH: Uses the natural support and resistance of the water to create a full range of motion workout. A great class for everyone regardless of age or mobility.

AQUA ZUMBA: The new Aqua Zumba program gives new meaning to the idea of an invigorating workout. It integrates the Zumba Dance formula and philosophy with the traditional aqua fitness disciplines. The Aqua Zumba class blends it all together in a safe, challenging, water based workout that is cardio conditioning, body toning and most of all exhilarating.

BOOTCAMP H2O: 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.

HI/LO AQUA: If you are new to the water or an experienced participant this is a great class. The class offers a moderate level or intensity. The instructor will demonstrate higher or lower versions of moves to personalize your training.

WATER INTENSITY TRAINING: This class is fast-paced, challenging, and always different with a goal to increase strength and endurance. A variety of equipment is used for a full body workout.