







EAST *Group Exercise Class Schedule*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00am Body Sculpt 55 min.		6:00am Body Sculpt Express 45 min.		
		8:15am Abs/Glutes 30 min. NEW	8:15am Turbo Kick Express 45min.	8:15am Abs/Glutes 30 min. NEW		8:00am Step 55 min.
	8:30am Total Body Conditioning 70 min.	8:45am Zumba 55 min.	9:00am Body Sculpt Express 45 min.	8:45am Boot Camp 55 min.	8:45am Body Sculpt 55 min.	9:00am Body Sculpt 55 min.
9:30am Body Sculpt 55 min.	9:50am Pilates 45 min.	9:50am Power Stretch 55 min.	9:50am Pilates 45 min.	9:50am PS/Pilates 55 min.	9:50am Power Stretch 55 min.	10:00am Pilates 45 min.
	12:00pm Body Sculpt 55 min.		12:00pm Body Sculpt 55 min.			
4:00pm Iron Power Stretch 55 min.						
5:00pm Zumba Express 45 min.	5:00pm Step & Core 55min.	4:30pm Body Sculpt 55 min.	4:30pm Total Body Conditioning 55 min.	4:30pm Body Sculpt 55 min.	4:30pm Pilates 45 min.	
	6:00pm PACE In the Gym 55 min.	5:30pm TurboKick 55 min.	5:30pm Zumba 55 min.	5:30pm 'Booty Kickin' 55 min.	5:15pm Total Body Conditioning 55 min.	
	6:00pm Body Sculpt 55 min.	6:30pm On the Ball 30 min.	6:30pm Pilates 45 min.	6:30pm Power Stretch 55 min.		
		7:00pm Power Stretch 45 min.				

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

EAST *Spinning®*

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

EAST *Water Aerobic & Pool Schedule*

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

Instructors for water aerobics are MAFA certified. Midwest Aquatic Fitness Association

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!

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.

PS/Pilates: A class that combines both PS and Pilate's. Work your core while stretching and strengthening your entire body. End with some well needed relaxation.

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.

Zumba Express: 45 minutes.

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