




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. 2	5:30 am Tread and Shed + abs 60 min. 1	
	8:15 am NEW Define 45 min. 1	8:00 am Fit for Life 60 min. 1	8:15 am Core 45 min. 1	8:00 am Fit For Life 60 min. 1	8:15 am Metabolic Magic 45 min. 2	8:00 am Step 50 min. 2
	9:15 am Zumba 60 min. 2	9:15 am Zumba 60 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	9:00 am Zumba 60 min. 2
9:30 am Boot Camp 60 min. 1	9:15 am Pump 60 min. 1	9:15 am Define + abs 75 min. 1	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 Pilates 45 min. P	9:30 am Impact Pumped Up! 60 min. 1	9:30 am Yoga 60 min. P	
10:35 am Pilates 60 min. 1	10:30 am Flex & Stretch to Go 30 min. 1			10:30 am Flex & Stretch to Go 30 min. 1		10:30 am Define + Abs 75 min. 2
10:40 am Boot Camp* 60 min. G						
11:45 am Turbo Kick 60 min. 2						***** 9:45 am Yoga will be canceled on June 6th due to a group exercise certification
2nd Boot Camp Class at 10:40 am will start on the basketball courts		5:30 pm Define 60 min. 2		5:30 pm Impact 45 min. 1	5:30 pm Impact 60 min. 	
	6:15 pm Impact 60 min. 1	6:00 pm Beginner Yoga 60 min. 1	5:30 pm Yoga 60 min. P	6:00 pm Zumba 60 min. 2		
	7:00 pm Zumba 60 min. 2	6:00 pm Pilates 45 min. P	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	7:00 pm Zumba 60 min. 2	7:35 pm Yoga 60 min. 1		
				Classes are subject to change at any time. Please be sure to sign in for all classes!		

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.	8:00 am Ride 45 min.
	9:15 am Excel Ride 60 min.	9:15 am Cycle Flex 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.					
	**** Express Ride will discontinue July 1 through August 31					
	5:30 pm Ride 45 min.	6:00 pm Ride*** 45 min.		5:30 pm Ride 45 min.	5:30 pm Ride 45 min.	
		Last Tuesday of each month will 60 minutes				

Water Aerobics

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 60 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 Pool 60 min.
		1:45 pm WET Special Seniors Current Pool 60 min.		1:45 pm WET Special Seniors Current Pool 60 min.		8:45 am Wild Card Lap Pool/Current* 60 min.
	5:00 pm WET Aerobics Current Pool 60 min.	6:35 pm WET Conditioning Current Pool 60 min.		5:30 pm WET Current Challenge ... Current Pool 60 min.		*Lap 1st and 3rd of the month *Current 2nd and 4th of the month



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

Group Exercise Class Descriptions

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 - Perfect to work on those "areas of concern" for any season.

Cardio-Core - Get a blast of a cardio workout on a treadmill or elliptical combined with intervals of core training. A power packed workout!

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 of weight 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.)

Fitness Challenge - A combo of cardio, core, and strength packed in a 45 minute class to get a little bit of both to start your day! If you have time, follow up with Core Strength!

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 maybe a couple of laps around the track.

Impact Pumped Up - First 30 minutes is traditional cardio kickboxing followed by the second 30 minutes which involves adding weights for the strength portion of the class. A complete class to get you pumped for the day!

Interval - Power pack your cardio and strength in one class. Intervals of cardio using things like the machines, stairs, track and more are combined with intervals of strength in the studio.

Kick/Impact & Sculpt - Kick your frustrations away while getting in shape with kickboxing, and then strengthen your body with weights and tubes.

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.

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 (Beginner Pilates also available)

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 yoga experience required.

Step & Core - Power stepping with core training. This 60 minute workout is guaranteed to make you sweat and burn.

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!

Yoga - Want to sleep better, have more energy and increase your mood? Then join us for this 60 minute workout. Classes are all fitness based and great for increased strength and flexibility. (Beginning Yoga also available). Yoga for Strength focuses on building strength at a slower pace.

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!

~Continued on Back~

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.

Cycle Flex - Cycle flex is a 40 minute ride class with a 20 minute flexibility section. Ride hard for 40 minutes then stretch the entire body in a more intelligent manner that will help you to reduce the tension in muscles, make you stronger, refresh your body and make you a better athlete.

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.



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 Fountain

Programming/Group Exercise Director

414-525-2361

rfountain@princetonclub.net