

GROUP TRAINING

Group training allows you to get much of the same benefits of personal training with a smaller cost. Get the expertise of our trainers with the varieties of ways you can learn new exercise and challenge your body.

75% of members who join a group session sign up again because IT WORKS!

For more information contact

Erin Frantz, Personal Training Manager: 414-525-2383 or efrantz@princetonclub.net

or Renee Fountain, Programming Director at 414-525-2361 direct or rfountain@princetonclub.net

Boot Camp - NEW!

6 Week Session (With Trainer Jeremy)

If you would like to burn fat up to 9 times faster than traditional cardio, then this is the class for you! Boot Camp includes strength intervals for a powerful and challenging workout for your body. Jeremy's classes have taken the club by storm so don't miss out on the chance to get into this class at the prime time of the club in a small group setting. Jeremy will track your progress through the class with measurements and weights and the smaller group allows him to get to know you and your level of fitness better. This class has been added due to demand so sign up quick!

Tuesdays in Studio 1 and Thursdays in Studio 2

DATE	DAY	TIME	CODE
March 9-Apr. 15	Tues/Thurs.	5:00-6:00 pm	BOOT2

Registration Deadline: March 4th

Member Fee: \$120.00 (\$140.00 after Registration Deadline)

DATE	DAY	TIME	CODE
Apr.20-May 27	Tues/Thurs.	5:00-6:00 pm	BOOT3

Registration Deadline: April 15th

Member Fee: \$120.00 (\$140.00 after Registration Deadline)

DATE	DAY	TIME	CODE
June 1-July 8	Tues/Thurs.	5:00-6:00 pm	BOOT1

Registration Deadline: May 26th

Member Fee: \$120.00 (\$140.00 after Registration Deadline)

Extremely Waisted

6 Week Session (With Trainer Stephanie)

Located in Studio 1

Yep, it is actually what the name suggests. Work on new ways to trim down the waist line in a challenging way. Each week will focus on core work along with a combination of plyometrics (explosive jumping, running). In normal people's language that means you will lose inches in the midsection and be feeling great! Includes before and after measurements and weight tracking.

DATE	DAY	TIME	CODE
March 1 - April 5	Mondays	5:00-6:00 pm	EX3
March 3 - April 7	Wednesdays	6:45-7:45 pm	EX7

Registration Deadline: February 25th

Member Fee: \$72 (\$92 after Registration Deadline)

DATE	DAY	TIME	CODE
Apr.12-May 17	Mondays	5:00-6:00 pm	EX4
Apr.14-May 19	Wednesdays	6:45-7:45 pm	EX5

Registration Deadline: April 7th

Member Fee: \$72 (\$92 after Registration deadline)

DATE	DAY	TIME	CODE
May 24-June 28	Mondays	5:00-6:00 pm	EX6

No class May 31st

Registration Deadline: May 19th

Member Fee: \$60 (\$80 after Registration deadline)

DATE	DAY	TIME	CODE
May 26-June 30	Wednesdays	6:45-7:45 pm	EX8

Registration Deadline: May 21st

Member Fee: \$72 (\$92 after Registration deadline)

Women and Weights

You know strength training is important in LOSING WEIGHT and toning. Most women are afraid because they don't know what to do or how to do it. That's ok – join trainer Erin Frantz in a more private setting in the Champs Gym. She will get you to that goal you want! Perfect for beginners or more advanced – work at your own level. Includes before and after measurements and weight tracking.

8 Week Session

DAY SESSIONS (With Trainer Erin)

Located in Champs Gym

DATE	DAY	TIME	CODE
Mar.29-May 21	M, W, F	9:00-10:00 am	WAWAM1

Registration Deadline: March 24th

Member Fee: \$240.00 (\$260.00 after Registration Deadline)

(With Trainer Sarah)

DATE	DAY	TIME	CODE
April 13 - May 20	Tues/Thurs.	9:00-10:00 am	WAWTT1

Registration Deadline: April 8th

New Class special pricing

Member Fee: \$120 (\$140.00 after Registration Deadline)

(With Trainer Erin)

DATE	DAY	TIME	CODE
May 24-July 12	M, W, F	9:00-10:00 am	WAWAM3

No class May 31st

Registration Deadline: May 19th

Member Fee: \$230.00 (\$250.00 after Registration Deadline)

(With Trainer Sarah)

DATE	DAY	TIME	CODE
May 25-July 15	Tues/Thurs.	9:00-10:00 am	WAWTT2

Registration Deadline: April 20th

Member Fee: \$160 (\$180.00 after Registration Deadline)

NIGHT SESSIONS (With Trainer Holly)

Sessions are once a week - sign up for both with a discounted rate!

Located in Champs Gym

6 Week Sessions

DATE	DAY	TIME	CODE
Mar. 30-May 4	Tuesday	7:00-8:00 pm	WAWPM3

Registration Deadline: March 25th

Member Fee: \$72 for each session (\$92 after Registration Deadline)

DATE	DAY	TIME	CODE
May 11-June 15	Tuesday	7:00-8:00 pm	WAWPM4

Registration Deadline: April 30th

Member Fee: \$72 for each session (\$92 after Registration Deadline)



GROUP TRAINING, *continued*

Burn & Firm

Located in Studio 2

Need to get whipped into shape? Get off the treadmill and get into the studio where Personal Trainer Karen will use variations of exercise with the scientifically designed Free Motion equipment which allows you to burn more calories in less time - perfect! The results are phenomenal and she will keep you on track by tracking your weight and measurements.

6 Week Session (With Trainer Karen)

Located in Studio 2

DATE	DAY	TIME	CODE
Mar.2-Apr.6	Tuesdays	10:30-11:30 am	BURNAM4
Mar.4-Apr.8	Thursdays	10:30-11:30 am	BURNAM5
Sign up code for both days (discounted rate)			BURNAM12

Registration Deadline: February 26th (\$20 late fee applies after)

Member Fee: \$72 for one session or **only \$120 for both days!**

DATE	DAY	TIME	CODE
Apr.13-May 18	Tuesdays	10:30-11:30 am	BURNAM6
Apr.15-May 20	Thursdays	10:30-11:30 am	BURNAM7
Sign up code for both days (discounted rate)			BURNAM8

Registration Deadline: April 10th (\$20 late fee applies after)

Member Fee: \$72 for one session or **only \$120 for both days!**

6 Week Session (With Trainer Erin)

Located in Studio 2

DATE	DAY	TIME	CODE
Mar. 1-Apr. 5	Mondays	5:45-6:45 pm	BURNPM2

Registration Deadline: February 25th (\$20 late fee applies after)

Member Fee: \$72 (\$92 after Registration Deadline)

DATE	DAY	TIME	CODE
Apr.12-May 17	Mondays	5:45-6:45 pm	BURNPM3

Registration Deadline: April 7th (\$20 late fee applies after)

Member Fee: \$72 (\$92 after Registration Deadline)

DATE	DAY	TIME	CODE
May 24-July 5	Mondays	5:45-6:45 pm	BURNPM4

Registration Deadline: May 19th (\$20 late fee applies after)

Member Fee: \$72 (\$92 after Registration Deadline)



Rock Solid

6 Week Session (With Trainers LeaAnne & Stephanie)

Do you want an explosive results orientated workout? Join your trainers for an intense strength and core conditioning class. This program will help you overcome plateaus, gym boredom as well as increasing cardiovascular endurance and strength giving you that 6-pack abs you've always dreamed of. Take your training to the next level by utilizing core conditioning and functional training in a fun atmosphere! Includes before and after measurements and weight tracking.

Located in Studio 1

Sessions are once a week - **sign up for multiple with a discounted rate!**

DATE	DAY	TIME	CODE
Mar.29-May 3	Monday (Stephanie)	6:15-7:15 pm	SOLIDM
Mar.30-May 4	Tuesday(Stephanie)	9:30-10:30 am	SOLIDT
Mar.31-May 5	Wednes. (LeaAnne)	6:45-7:45 pm	SOLIDW2
Apr.1-May 6	Thurs. (Stephanie)	6:00-7:00 pm	SOLIDTH2
Apr.2-May 7	Fridays (Stephanie)	5:30-6:30 pm	SOLIDF2

Registration Deadline: March 24th (\$20 late fee applies after)

Member Fee: \$72 for one session or **only \$120 for 2 days/week!**

DATE	DAY	TIME	CODE
May 10-June 14*	Monday (Stephanie)	6:15-7:15 pm	SOLIDM2
May 11-June 15	Tuesday(Stephanie)	9:30-10:30 am	SOLIDT2
May 12-June 16	Wednes. (LeaAnne)	6:45-7:45 pm	SOLIDW4
May 13-June 17	Thurs. (Stephanie)	6:00-7:00 pm	SOLIDTH4
May 14-June 18	Fridays (Stephanie)	5:30-6:30 pm	SOLIDF4

Registration Deadline: May 5th (\$20 late fee applies after)

Member Fee: \$72 for one session or **only \$120 for 2 days/week!**

*No class Monday, May 31st, SOLIDM2 fee = \$60

Weekend Warrior (With Trainer Karen)

Located on Basketball Courts

Like to start your weekend off right? Join Karen Bast in a group training program that will incorporate stations for participants to get a high-calorie burning workout with strength and core conditioning included. Get it all done in an hour! Includes before and after measurements and weight tracking.

6 Week Session

DATE	DAY	TIME	CODE
Apr.10-May 15	Saturdays	7:00-8:00 am	WW1

Registration Deadline: April 5th

Member Fee: \$72 (\$92 after Registration Deadline)

DATE	DAY	TIME	CODE
May 22-July 10	Saturdays	7:00-8:00 am	WW2

Registration Deadline: May 17th

Member Fee: \$72 (\$92 after Registration Deadline)

*No class May 29th or July 3rd



GROUP TRAINING, *continued*

Triathlon Training for Spring 2010 Season

Beginners to Advanced Levels

Join Erin Frantz, Terri Servais, and Peter in a great triathlon training program for beginners to advanced triathletes ages 16 and older. Meet with your Trainers every Mondays and some Fridays for 12 weeks to swim, run, bike and work on strength. This is a great way to get into shape and have fun training for your spring and summer triathlons. You will learn proper form and technique for each of the three events, while increasing your strength and endurance to get through your race. Whether you are a first time or re-peat triathlete, this program will help take you to the next level.

When:

April 5th- May 30th (12 Weeks)

Mondays 6:00 pm: April 5th, 12th, 19th, 26th, May 3rd, 10th, 17th, 24th,
June 7th, 14th, 21st, 28th

Fridays 5:00 pm: April 9th, April 23rd, May 7th, 21st, June 4th, 18th

Registration Deadline: Monday March 31st

Who:

Ages 16 +

Fee:

12 Week Program: \$228/person (\$248.00 after deadline)

Non-members: \$248.00/ person (\$268.00 after deadline)

T-shirt Included

CODE: TRI

About the trainers:

Peter Nowak has been a competitive swimmer for over 18 years, as well as a College Conference Champion and a National level open water swimmer. He is an Ironman Wisconsin Finisher and a Certified USA Swimming coach who has coached at a collegiate level and collegiate conference champions.

Erin Frantz has been a competitive athlete for many years. She has completed six marathons including Boston in '08, and has qualified to run again in '09. She is a certified personal trainer as well as endurance trainer and has a passion for working with runners and other competitive athletes.

Terri Servais has two personal training certifications and has been racing in both duathlons and triathlons for the past 10 years. As well she teaches several spin classes at the club.

Marathon Training

Beginners to Advanced Levels

Join Erin Frantz on Wednesday nights for a great program that takes beginners and advanced marathon runners through an 18 week program designed to help you meet your goals. Whether this is your first marathon or you are an experienced runner, this program will guide you all the way to the finish line. In this program you will work on speed, tempo, long runs, strength, and endurance to help you accomplish the goals you set for yourself. Join us in this fun setting to take your race to the next level. Includes Training Shirt

When:

Wednesday Nights 6:00 - 7:00 pm

June 2nd - September 29th

Fee:

18 Week Program: \$199/Member(\$219 after Registration Deadline)

\$219/Non-Member (\$239 after Registration Deadline)

CODE: MTRAIN

Optional Saturday Long Runs (15)

Members may choose to add to the above program Saturday long runs (starting at 8:00 am) June 12, 19, 26, July 10, 17, 24, 31, August 7, 14, 21, 28, September 4, 11, 18, 25

Total Fee for Marathon Training + Saturday long runs:

\$319/Member (\$339 after Registration Deadline)

\$339/Non-Member (\$359 after Registration Deadline)

CODE: MTRAIN2

Registration Deadline: Thursday, May 27th



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CLUB** "we're committed to you"

