

**PRINCETON SMALL  
CLUB** "we're committed to you"

# GROUP PERSONAL Training

## Fall Session II 7 Week Sessions 60 Minutes

DATE	DAY	TIME	CLASS	TRAINER
Oct 31-Dec 12	Monday	5:00pm	Adult Swim Lessons-Beginner	Katie
Oct 31-Dec 12	Monday	6:00pm	Circuit Boot Camp	Katie
Oct 31-Dec 12	Monday	6:15pm	Body Transformation Boot Camp	Lauren
Nov 1-Dec 13	Tuesday	6:00am	Biggest Loser Continuation	Lauren
Nov 1-Dec 13	Tuesday	10:00am <b>NEW</b>	Butt Busting Boot Camp	Crystal
Nov 1-Dec 13	Tuesday	5:00pm	Biggest Loser Continuation	Crystal
Nov 1-Dec 13	Tuesday	6:00pm <b>NEW</b>	PC3	Rachel
Nov 1-Dec 13	Tuesday	6:00pm	H.I.I.T.	Junior
Nov 2-Dec 14	Wednesday	5:00pm	Biggest Loser Continuation	Cole
Nov 2-Dec 14	Wednesday	5:30pm	Back, Core, and More	Rachel
Nov 2-Dec 14	Wednesday	6:00pm	Biggest Loser Continuation	Dan W.
Nov 3-Dec 15	Thursday	5:00pm	Buns N Guns	Lauren
Nov 3-Dec 15	Thursday	6:00pm	H.I.I.T.	Junior
Nov 3-Dec 15	Thursday	6:15pm	Body Transformation Boot Camp	Lauren
Nov 5-Dec 17	Saturday	9:00am	Biggest Loser Continuation	Crystal
Nov 5-Dec 17	Saturday	9:00am	Fit Chicks	Lauren

Registration Deadline: Saturday October 29th

Member Fee \$135

Non-member Fee \$145



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## For more information contact **Crystal Harvey - Group Training Director 608-241-2639**

**ABSOLUTE TUMMY TUCKER**—Do you dread traditional ab workouts? If so, this group is for you! ABSolute Tummy Tucker focuses on tightening and toning your core all while slimming your waistline. You will incorporate interval training with intense abdominal work that includes everything \*except\* traditional sit ups or crunches.

**ADULT BEGINNER SWIM LESSONS**—Have you always wanted to swim but don't know how? Are you embarrassed that even as an adult you can't swim? This class will give you basic breathing, treading and stroke techniques to make you comfortable in the water. Spots are limited, so sign up today!

**BACK, CORE, & MORE!**—Is 90% of your day sedentary? Statistics show that those with sedentary jobs are at a higher risk for back problems and increased weight gain, especially around the mid-section. This class is meant for you!! Back, Core, and More will focus on strengthening your back and core which will reduce your back aches and increase your strength, flexibility, balance and stability. Come strengthen those muscles that have been weakened by an inactive work day!

**BIGGEST LOSER CONTINUATION**—Join a group of other members committed to weight loss. If you want to lose 5lbs or 100lbs, this class is for you. Groups welcome all fitness levels and will incorporate modifications and variations to accommodate any injuries or limitations you might have. From triathletes to beginners, everyone is joining this fun and intense workout to achieve measurable results!

**BODY TRANSFORMATION BOOT CAMP**—This group will include every aspect of body transformation. BTBC will incorporate circuits that activate multiple muscle groups simultaneously PLUS add interval training to shed body fat and achieve lean muscle tissue. You will notice in no time how much more sculpted your body is getting. If you want to shred fat on your body, this class will get you there!

**NEW BUTT BUSTING BOOT CAMP**—Looking to change up your fitness routine? Not only will you perfect your form for SQUATS, but you will get the sweat pouring!! In this class we will work every part of your body to maximize the calories you burn. Look forward to something different every class!

**FIT CHICKS**—Fit Chicks is for women of any age and any fitness level. Our focus is scorching calories and shedding pounds to build long-lasting lean muscle. We use ropes, ladders, kettle bells, Bosu balls, dumbbells, and even partner exercises to keep the workouts fresh and exciting every week. Fit Chicks work hard and play hard, but mostly Fit Chicks GET RESULTS!

**H.I.I.T.—HIGH INTENSITY INTERVAL TRAINING**—A class for anyone looking to burn fat, build lean muscle, and increase their metabolism. It is a mixture of specific timed intensity intervals and rest periods, pushing you to the max while still giving you the calculated time to recover before the next exercise.

**NEW PC3: "PRINCETON CLUB CIRCUIT CREW"** —is a class focused on circuit style training that will challenge every muscle group in the body. Every workout will be different, combining movements in new ways. This class will target strength building while increasing your muscular endurance.