SMALL GROUP TRAINING

Group training allows you to get many of the same benefits of personal training at a fraction of the cost. You can get the expertise of our trainers in a variety of ways and also learn new exercises to challenge your body! Join our FIT LAB and TRX Small Group Training to see why it’s the fastest growing form of training!

**Winter Session II:** Jan 30th - March 11th
6 Weeks - $90($15/class)
10 Class Punch Card - $199

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<td>10a TRX Boomers Kyle</td>
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For information contact: Jake Salzman, Personal Training Director or Priscilla Peterson, TRX Director
Princeton Club West 608-833-2639 or jake@princetonclub.net or Priscilla@princetonclub.net
**TOTAL CARE**

Prevent injuries and manage nagging aches and pains with Princeton Club Total Care. This twice weekly class:
- Strengthens your joints
- Increases your flexibility
- Helps manage and alleviate pain caused by muscle imbalance.

Each week's focus will include stretching and movement patterns, soft tissue release, and strengthens and stabilization techniques for the foot and ankle, knee, spine and core, and shoulder. We hope you will take the challenge to take care of your body, you deserve it!

**ROW – CORE**

Rowers are some of the most physically fit athletes in the world because each stroke uses over 85% of your muscles. Using the row machine this class combines interval training with core strengthening. The high intensity circuits will improve your cardiovascular system as well as your muscular strength.

**TRX STRENGTH**

Steady paced total body strength exercises with an emphasis on core strength and stability. Participants will use the TRX straps, free weights and machines for a total body workout.

**MamaFIT**

Hey Mama! We have a class just for you! The struggles of Pre and Postnatal fitness are real. Let us help guide you through this journey in a safe, and effective workout, that is geared specifically to new or expecting mothers. With nine children of her own, Personal Trainer Priscilla has the knowledge and insight to help evolve your developing body. Each 6 week session will include 1 ‘mom & me’ class, with a workout plan ALL Moms can use!

**TRX BOOMERS**

Lower impact TRX circuit training consisting of easily regressed exercises designed to develop and maintain strength function in the older population. This is a great class for individuals with a previous hip or knee replacement or surgeries.

**BARBELL BASICS**

Join us as we raise the bar in this strength training class that utilizes one of the most basic pieces of equipment: the barbell. Designed for all fitness levels, this class will target all major muscle groups as we look to build strength, and stamina. Our focus will be on form, as you learn safe and effective techniques in barbell strength training.

**FIT and FUNCTIONAL TRX**

Get fit with functional training techniques using TRX, strength equipment and your own body weight. Tone and define your muscles through intervals of strength, balance and agility. You will be challenged to take your body to the next level. Prepare for high intensity interval training to burn fat, increase muscle and cardiovascular efficiency.

**TRX**

This class is for the TRX fanatic who doesn't want anything besides a pure suspension based workout. During this 45 minute session, we'll hit every muscle in the body, while almost never letting go of the TRX strap. No dumbbells, no barbells, no running. Just Pure TRX!

**TRX WARRIOR**

Are you ready to work? Then this is your workout. TRX Warrior combines TRX suspension training, with every available strength training method you can think of, in addition to high output intervals. Each week provides a new and challenging workout, to keep your muscles guessing and heart pumping. Guaranteed to increase your fitness. Let your warrior out!

**POWER CORE**

The workout with a BOOM! Power Core will test your core strength, with short cardio bursts to get that heart rate up! Be ready to work, but most importantly, have FUN! Come join Deidre and turn your core into a “POWER CORE”