

PRINCETON CLUB FIT LAB

SMALL GROUP TRAINING

Group Training allows you to get many of the same benefits of Personal Training at a fraction of the cost. Get the expertise of our Trainers in a variety of groups and learn new exercises to challenge your body! Join our FIT LAB Small Group Training to see why these workouts give results!

Fall II Session: October 29th - December 8th

6 Weeks - \$90 (\$15/class) - 10 Class Punch Card - \$199

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:30a Barbell Body Wyatt		7a Biggest Loser Cont. Wyatt	
9a Power Training Priscilla		9a Barre/TRX Fusion Jessica *In Basketball Court *NEW*		9a TRX Warrior Kyle	
10a Strength for 50+ Priscilla	10a KettleBell Krunch Wyatt	10a Better Balance Ethan		10a TRX Total Care Kyle	
	12p Lunch Club Becca	12p Power Core Wyatt	12p Lunch Club Becca	10a Metabolic Challenge Priscilla	
6p Biggest Loser Cont. Ethan		5:30p Plyo HIIT Ethan			

For information contact: Princeton Club West 608-833-2639
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 or Priscilla Peterson, TRX Director (priscilla@princetonclub.net)