

SMALL



GROUP PERSONAL Training

Winter Session II

8 Week Sessions • 60 Minute Classes

1 Class/week - \$149 • 2 Classes/week - \$278 • 3 Classes/week - \$387

DATE	DAY	TIME	CLASS	TRAINER
Jan. 7 - Feb. 25	Monday	9:00am	STRONG Women	Caitlin
Jan. 9 - Feb. 27	Wednesday	6:00pm	STRONG Women	Caitlin
Jan. 10 - Feb. 28	Thursday	5:00pm	Buns N Guns	Lauren
Jan. 10 - Feb. 28	Thursday	5:00pm	Trivia Boot Camp	Austin
Jan. 11 - Mar. 1	Friday	11:00am	STRONG Women	Caitlin

Register at the Front Desk or for more information,
contact Crystal Lanphier, Director of Personal Training, at
crystal.lanphier@princetonclub.net

Start anytime and the cost is prorated.
Member fee \$149 non member fee \$159.
Princeton Club East

Due to schedule conflicts or travel,
missed classes can be made up in any
other group during that session. You
must notify the trainer of your group and
the one you wish to makeup.

BUNS N GUNS – Strong is the new sexy! Society has crushed the myth that lifting weights will make women bulky. Instead, lifting heavier weights will actually develop the muscle definition women “ooo and ahhh” over in fitness magazines. Each week we will target and isolate a specific muscle group by using various powerlifting, strength building and muscle defining techniques! Our emphasis will be toning and lifting the glutes, intentionally focusing on the lower body AND targeting the variety of muscles of the upper body like shoulders, biceps and triceps.

STRONG WOMEN – Being a Strong women is in! Let’s see what you’re capable of! Find new strengths in every workout and show the world what you’re made of! Get that toned body you’ve been striving for, learn how to lift the RIGHT way for women and go beyond what you thought you were capable of!

TRIVIA BOOT CAMP – A group class that combines an energetic, total body workout with fun trivia questions. Each class will focus on a main topic that each question falls under. The intensity of the workout can change depending on how the group answers each question. We will use a variety of equipment, focusing on keeping your heart rate up and the sweat pouring. Challenge both your mind and body with trivia boot camp!

WARRIOR BOOT CAMP – A high intensity class geared towards individuals looking to take their fitness to the next level! The warrior workouts are designed to help you you build muscle, decrease body-fat and develop mental toughness. A warrior is defined as someone with a body and mind able and ready to take on all of life’s challenges. If you’re looking to grow stronger, be healthier and feel more athletic... Warrior Boot Camp is the class for you!

COMING MARCH OF 2019!

BABY BOOMER FITNESS - Alright baby boomers, it’s your time to shine! This 45 minute strength and conditioning class is designed specifically for YOU! As we age, the average adult loses 1% of muscle mass EVERY YEAR, and up to 3-5% for some inactive individuals. 1/4 of women will show signs of osteoporosis by age 55, both genders risk 2x more falls at the age of 60, 3x at the age of 65 and 8x by the age of 70. By incorporating a modest amount of strength training just 2x/week and balance exercises designed specifically for stability and fall prevention, all of these signs of aging can be improved, reduced, and potentially eliminated! This class will focus on LOW IMPACT exercises, proper form to ensure safety of muscles and joints, and will leave you feeling stronger and full of energy! Let’s get you to be the most functional and fit generation yet!

TRAINER CONTACT INFORMATION:

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