

PRINCETON CLUB FIT LAB

SMALL GROUP TRAINING

WORK HARD - BE ACCOUNTABLE - HAVE FUN - GET FIT

20 Class Punch Card - \$299

10 Class Punch Card - \$199

Single Session Drop in - \$25

Sign up at the Front Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:15a PULSE Priscilla	6:15a PULSE Wyatt		
8:15a PULSE Priscilla		8:30a Barbell Body Wyatt	8am HER-fit Becca	8:15a PULSE Jake	
9a Metabolic Training Priscilla	9:15a NAMA-sit (Chair stretch and exercise) Carol	9a TRX Fusion Jessica *In Basketball Court	9:15am Gentle Stretch and Balance Carol	9a TRX Warrior Jake	
10a Strength for 50+ Priscilla		10a Better Balance Ethan		10a TRX Total Care Priscilla	
12pm Adventure Training Garrett	12p PULSE Wyatt	12p Power Core Wyatt	12p PULSE Priscilla		
		5:30p PULSE Ethan			

For information contact: Princeton Club West 608-833-2639
 Jake Salzman, Personal Training Director (jake@princetonclub.net)