



833-2639
8080 Watts Road
Madison, WI 53719

"we're committed to you"

effective
January 6, 2020

Schedules also available: www.princetonclub.net
Or Download our Princeton Club App

West Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:15am Les Mills Grit Jen <i>Sign Up</i>	5:45-6:45am Les Mills Body Pump Cori <i>Sign Up</i>	5:45-6:15am Les Mills Grit Mary <i>Sign Up</i>	5:45-6:30am Iron Abs & Arms Laura	5:45-6:15am Les Mills Grit Jen <i>Sign Up</i>	
	6:15-6:45am Les Mills Body Pump Jen <i>Sign Up</i>	6:50-7:50am Power Stretch Carol	6:15-7:00am Body Sculpt Laura	6:50-7:50am Power Stretch Carol	6:15-6:45am Les Mills Body Pump Jen <i>Sign Up</i>	7:10-7:55am Pilates Linda/Chris/Cori
8:30-9:25am Body Sculpt/ Strength Fusion Laura C/Angele	6:45-7:15am CXWorx by Les Mills Jen <i>Sign Up</i>	8:00-8:55am Body Sculpt Angele/Priscilla	7:10-7:55am Pilates Linda	8:00-8:55am Body Sculpt Linda/Ann	6:45-7:15am CXWorx by Les Mills Jen <i>Sign Up</i>	8:00-8:55am Body Sculpt Linda/Laura
9:30-10:25am Turbo Kick Express Jaclyn/Mandy	7:15-7:55am Pilates Claire	9:00-9:55am HIIT+ACC Priscilla	8:00-8:55am Cardio Mix & Strength Ann	9:00-9:55am Boot Camp Challenge Priscilla/Katie/Jaclyn	7:15-7:55am Pilates Julie/Cori	9:00-10:00am Les Mills Body Pump Anna <i>Sign Up</i>
10:30-11:25am WERQ Naveen	8:00-8:55am Cardio Mix & Strength Angele	10:00-10:25am Hard Core Priscilla	9:00-9:55am BOSU Circuit & Sculpt Jill	10:00-10:25am Hard Core Priscilla/Katie/Jaclyn	8:00-8:45am Cardio Dance Ann	10:05-11:15am Turbo Kick TK Team
11:30-12:25pm Power Flow Angele	9:00-10:10am Turbo Kick Jaclyn/Leigh/Katie	10:30-11:15am FIT For Life Priscilla	10:00-11:15am Turbo Kick Katie/Leigh	10:30-11:15am FIT For Life Priscilla	8:50-9:50am Power Flow Laura P	11:20-12:20am Zumba Rotation
12:30-1:15pm Pilates Christen	10:15-11:00am Power Stretch Laura P	11:20-12:20am Stretch & Restore Angele		11:20-12:20am Stretch & Restore Angele	10:00-11:00am Les Mills Body Pump Megan <i>Sign Up</i>	
4:00-5:00pm WERQ Min	12:00-1:00pm Zumba Naveen	4:10-4:55pm Iron Abs & Arms Laura C	12:00-1:00pm Body Sculpt/ Strength Fusion Jill/Angele	4:10-4:55pm Athletic Abs & Power Glutes Laura C	11:05-11:55am Barre Core Carol	
	1:10-1:55pm Silver Seniors Carol	5:00-5:55pm Turbo Kick Express Katy	1:10-1:55pm Silver Seniors 2:00-2:45 Stretch Carol	5:15-5:55pm Circuit Training Reba	12:00-12:55pm Zumba Caroline	
	4:10-4:55pm Les Mills Body Pump Express Lynette <i>Sign Up</i>		4:10-4:55pm Les Mills Body Pump Express Laura P <i>Sign Up</i>		1:10-1:55pm Silver Seniors Carol	
	5:00-5:55pm Zumba Melanie	6:00-7:00pm Les Mills Body Pump Jackie <i>Sign Up</i>	5:00-5:55pm Zumba Kristina	6:00-7:00pm Les Mills Body Pump Anna <i>Sign Up</i>	4:10-4:55pm Les Mills Body Pump Express Kristi/Cori <i>Sign Up</i>	
	6:00-6:50pm Circuit Training Reba	7:05-8:05pm Zumba (high intensity) Gio	6:15-7:30pm Flow & Restore Angele	7:05-8:00pm Turbo Kick Express Mandy	5:00-5:55pm Turbo Kick Express TK Team	
	7:00-8:00pm Power Flow Angele				6:00-6:55pm Power Stretch Chris S/Angele	

Sign up for Les Mills classes goes out at the front desk 30 minutes prior to start of class.

WEST SPINNING SCHEDULE

 Sign up for all spinning classes at front desk 30 minutes prior to class time

**Intro to Spin class will be 1st Monday of the month at 6:30pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:45am Spin Express <i>Claire</i>	5:45-6:45am Spin <i>Darren</i>		6:15-6:45am Sprint by Les Mills <i>Julie</i>	5:45-7:00am Spin Core 60 min ride- 15 min core <i>Julie</i>	
9:15-10:15am Spin <i>Linda/Chris S</i>	9:00-10:00am Spin <i>Linda</i>	8:00-8:45am Spin Express <i>Linda</i> NEW	9:00-10:15am Spin <i>Katie M</i>	8:00-8:45am Spin Express <i>Katie M</i> NEW	9:00-9:45am Cyclub Circuit <i>Priscilla</i>	8:00-9:00am Spin <i>Christi</i>
10:30-11:00am Sprint by Les Mills <i>Cori/Linda/Krista</i>		12:00-12:45pm Spin Express <i>Jill</i> NEW				
	5:30-6:15pm Cyclub <i>Jill</i>	5:30-6:00pm Sprint by Les Mills <i>Claire</i>	6:00-6:45pm Cyclub <i>Camille</i>	5:30-6:00pm Sprint by Les Mills <i>Claire</i>		
	6:30-7:15pm **Intro to Spin 1st Monday of Month <i>Jill</i>					

WEST WATER FITNESS & POOL SCHEDULE

	8:00-9:00am Hi-Lo H2O <i>Jill</i>		8:00-9:00am Hi-Lo H2O <i>Debbie</i>	8:00-9:00am Aqua Cardio in Motion <i>Kristi/Andrea N</i>	8:00-9:00am Hi-Lo H2O <i>Andrea N</i>	
9:00-10:00am Power Aqua <i>Rotation</i>	9:05-10:00am Aqua Boot Camp <i>Emily</i>	9:00-10:00am Aqua HIIT <i>Rotate</i>	9:05-10:00am Aqua HIIT <i>Emily</i>		9:05-10:00am Hardcore Strength & Conditioning <i>Andrea H</i>	9:00-10:00am Aqua Strength & Cardio <i>Rotation</i>
1:00-3:00pm FAMILY SWIM	6:00-7:00pm Aqua HIIT <i>Beth</i>		6:00-7:00pm Hardcore Strength & Conditioning <i>Kristi/Debbie</i>			10:00-12:00pm FAMILY SWIM

PERSONAL Training

The same workout for a long period of time will create plateaus. What once was rewarding, will become boring and frustrating. If you are frustrated, bored, or not improving, your fitness routine needs changing. A customized plan will help maximize the benefits for the amount of time invested. As an exerciser it is important to not only work hard, but also to work smart. Princeton Club trainers have the ability to craft a smart approach that will give you the results you have been looking for.

Starting any good habit is difficult. Unfortunately, starting bad habits comes all too naturally. When a beginner joins a health club the cards may be stacked against them. Realistic goals, equipment understanding, time management and ultimately the right workout program may be out of arms reach. Princeton Club personal trainers are available to help build confidence and ensure your goals are achieved. Start work towards habitual exercise by making an appointment with a trainer today.

WEST Group Exercise Class Descriptions

ATHLETIC ABS, POWER GLUTES: A challenging class focusing on the abdominal and gluteal muscles.

BARRE CORE: This unique workout will include progressive abdominal mat work, and a variety of toning exercises for the hips, thighs and glutes that will challenge and improve stability and balance from head to toe.

BODY PUMP By Les Mills: A weight training class using light to moderate weight with high repetitions. The Rep-Effect, a scientifically proven formula, develops lean athletic muscle while burning a lot of calories. This class is for everyone!

BODY SCULPT: Tone and define your muscles with strength exercise. Using a large variety of equipment, including body weight exercises, pure strength and daily functional movements. Emphasis is on proper technique and using all muscle groups.

BOOT CAMP CHALLENGE: Designed to challenge your entire body with muscle conditioning exercises, and a host of athletic and cardio drills that will challenge your muscular endurance and anaerobic capacity.

BOSU CIRCUIT & SCULPT: This multi-functional class is sure to challenge your muscular strength, core stability and balance. Participants will perform cardio circuit drills using a variety of equipment incorporating the BOSU for an extra core challenge

CIRCUIT TRAINING: This class will challenge your entire body using strength and cardio exercises. Group circuits allow participants to increase their individual intensity and have fun with others!

CARDIO MIX & STRENGTH: A variety of cardio exercises are offered in this high energy, low impact class, including basic dance moves to pop and Latin music. A strength and stretch session will complete the workout.

CARDIO DANCE: Dance to both pop and Latin music with easy to follow dance steps, allowing participants to move at their own pace.

CXWorx by Les Mills: Intense 30-minute core-training workout designed to tighten and tone your midsection in the shortest amount of time. The class utilizes body weight, free weights, and resistance tubing to challenge balance, coordination and improve functional strength.

FIT FOR LIFE: Functional movement patterns designed to build muscular strength and endurance; improve bone density & balance, and care for the joints. Suggested for the older adult, and those wanting a less vigorous fitness option.

FLOW & RESTORE: This class is a fusion of our popular power flow and stretch & restore classes. Beginning with a dynamic flow sequence the body is properly warmed, lengthened and strengthened. A grounding mat series takes participants into longer, deeper stretches using props.

Les Mills GRIT STRENGTH: Using barbells, weight plates and body weight exercises to blast all major muscle groups. Designed to build strength and lean muscle.

Les Mills GRIT CARDIO: Improve your cardiovascular fitness, increase speed and maximize calorie burn using a variety of body weight exercises

that provides the challenge and intensity you need to get fast results.

Les Mills GRIT PLYO: A plyometric based workout, designed to make you perform like an athlete. The workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness to build a lean, athletic body.

HARD CORE: This Integrated-All-Core-Muscle-Group format includes strength and stability techniques to trim the core muscles using body weight and equipment.

HIIT+ACC(High Intensity Interval Training+Athletic Cardio Conditioning): A strength circuit focusing on performing quality weight training repetitions to the point of momentary failure; followed by high cardio bursts and plyometric exercises that are guaranteed to super charge your workout.

IRON ABS & ARMS: Participants in this class will use their own body weight, plus a variety of equipment such as dumb bells, body bars, tubing and kettle bells to create leaner, firmer abs, while building the upper body muscles.

PILATES (Mat Class): Core strength is the foundation of Pilates exercises. This unique system of body conditioning will improve posture, flexibility and balance, while strengthening the entire core.

POWER FLOW: This active practice links dynamic poses with breath in flowing sequences. A focus on alignment and a variety of expressions of poses allows you to meet the unique needs of your body. Meets on rooftop weather permitting.

POWER STRETCH: A mind body class that increases your strength, balance and flexibility while decreasing tension and stress through poses and breath work. Appropriate for first timers and those looking to strengthen the core of their practice. Meets on rooftop, weather permitting.

SILVER SENIORS: This specialized class is designed to increase range of motion and muscular strength, using light weight or body weight non-impact exercises geared toward daily healthy living.

STRENGTH FUSION: This class offers a total body strength workout using time and rep-based intervals followed by brief cardio bursts. Functional training, balance and technique are emphasized making this class appropriate for everyone.

STRETCH & RESTORE: Improve flexibility and posture with slow and steady deep stretches that encourage relaxation and stress reduction. Props are used and modifications are offered for all levels. This class is a great compliment to more active classes leaving you feeling calm and strong.

TURBO KICK: Turbo Kick is a fun way to incorporate kickboxing, dance and martial arts into a high-energy workout.

WERQ: Build cardio endurance by dancing to today's hottest top 40 pop, rock and hip-hop music. WERQ up a sweat on the dance floor to your favorite charting hits.

ZUMBA: All the great benefits that Zumba offers while keeping dance movements low impact. Transitions between movements are gentle on the body and offering all a great cardio dance workout!

WEST Spinning Class Descriptions

NEW PARTICIPANTS: Please arrive at least 15 minutes prior to class time. New riders are encouraged to attend our INTRO class held on the first Monday of each month. Your Spinning instructor will help you with bike set up and a sample ride.

Cyclub: A 45-minute high-intensity, challenging and fun ride. Cyclub is the first fully immersed, entertainment based, indoor cycling class. Each class features your favorite songs from a variety of music genres melded with the pulse pounding excitement of a fully synchronized light show. Cyclub puts you at the center of a unique and epic audiovisual experience that promises to be the most entertaining workout of your life.

Cyclub Circuit: The excitement and fun of a Cyclub class, combining the theory of muscle confusion as participants will complete a circuit including cycling, strength training and challenging core work.

Sprint by Les Mills: High-Intensity Interval Training (HIIT), low impact workout, using an indoor bike to achieve fast results. Short, intense training combines bursts of intensity, where you work as hard as possible with periods of rest, that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

Spinning: Take the ride of your life. Spinning is a group cycling class that accurately replicates the feel of the cycle on the road. Experience hills, flat terrains and jumps using various sitting and standing positions. Spinning is for everyone, at any age and any fitness level. It is easy to learn and a great workout.

Spin Core: Spin Core will take each rider through a challenging ride (45-50 minutes), followed by exercises that focus primarily on core strength, balance and flexibility (10-15 minutes).

Spin Express: This intense 45-minute session will focus on the elements of strength and endurance training the entire session; allowing participants to work hard for 45 minutes.

WEST Water Exercise Class Descriptions

Water provides lower impact on the joints but more resistance for muscle toning and cardio conditioning. Water shoes are strongly recommended but not required. Check the whiteboard near the aquatic equipment room for your instructor's name and the equipment that will be used.

Aqua H.I.I.T. (High Intensity Interval Training): This intense cardio training workout will help you burn a maximum amount of calories & boost your metabolism. High intensity work is coupled with lower intensity recovery for a powerful workout. A variety of equipment may be used. This higher intensity class can be modified for all levels.

Aqua Boot Camp: Expect to be challenged with this workout. Instructors use a different format each week for a total body workout, including suspended exercises & longer repetitions for maximum cardio & strength training. A variety of equipment is used. This higher intensity class can be modified for all fitness levels.

Aqua Strength & Cardio: This total body workout will help you build strength & cardio endurance. A variety of equipment is used throughout the workout. This class is for all fitness levels.

Hi-Lo H2O: This class is for all participant levels. The instructor's focus will be demonstrating higher and lower impact versions of exercises to personalize your workout. The format includes cardio and muscle toning with a variety of equipment. The intensity level is determined by each participant.

Hardcore Strength & Conditioning: This class will work your whole body with intense cardio work & muscle toning, with special emphasis on strengthening your core. The instructor will use a variety of equipment & many challenging exercises for a great cross-training workout. This higher intensity class can be modified for all levels.

Aqua Cardio in Motion: This workout is designed to improve cardio endurance, flexibility & balance. Varying intensity aerobic movements let you adjust the workout to your needs, with periods of gentle exercise to increase range of motion & decrease stress to joints. This is a moderate intensity class.

Power Aqua: This workout will help you build cardiovascular endurance & strong muscles as you use the water's natural resistance. Modifications are demonstrated to increase or decrease your workout. A variety of equipment may be used. This class is appropriate for all fitness levels.