



"we're committed to you"

8080 Watts Road Madison, WI (608) 833-2639

Effective  
June 7th, 2021

## West Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>5:30-6:00am</b> Les Mills GRIT <i>Jen</i>				<b>5:30-6:00am</b> Les Mills GRIT <i>Jen</i>	
	<b>6:00-6:30am</b> Les Mills Body Pump <i>Jen</i>	<b>6:00-6:55am</b> Turbo Kick <i>Mandy</i>	<b>6:00-6:45am</b> Body Sculpt <i>Laura C</i>		<b>6:00-6:30am</b> Les Mills Body Pump <i>Jen</i>	
	<b>6:30-6:55am</b> Les Mills Core <i>Jen</i>				<b>6:30-6:55am</b> Les Mills Core <i>Jen</i>	
		<b>7:00-7:55am</b> Flow Yoga <i>Kelsey</i>	<b>7:00-7:45am</b> Pilates <i>Linda</i>	<b>7:00-7:55am</b> Flow Yoga <i>Claire</i>	<b>7:00-7:45am</b> Mat Pilates <i>Teresa</i>	<b>7:00-7:55am</b> Slow Flow Yoga <i>Kelsey</i>
<b>8:30-9:25am</b> Body Sculpt/ Strength Fusion <i>Angele/Laura C</i>	<b>8:00-8:45am</b> Fit 20/20 <i>Margaret</i>	<b>8:00-8:55am</b> Stength Fusion <i>Angele</i>	<b>8:00-8:45am</b> Fit 20/20 <i>Ann</i>	<b>8:00-8:55am</b> Body Sculpt <i>Ann/Linda</i>	<b>8:00-8:55am</b> Cardio Dance <i>Ann</i>	<b>8:00-8:50am</b> Body Sculpt <i>Linda/Laura C</i>
<b>9:30-10:25am</b> Turbo Kick <i>Jacyln/Mandy</i>	<b>9:00-9:55am</b> Les Mills BodyCombat <i>Anna</i>	<b>9:00-9:55am</b> HIIT Strength <i>Priscilla</i>	<b>9:00-9:55am</b> Les Mills Body Pump <i>Anna</i>	<b>9:00-9:55am</b> Bootcamp Challenge <i>Priscilla/Katie</i>	<b>9:00-9:55am</b> Power Flow <i>Laura P</i>	<b>9:00-9:55am</b> Les Mills Body Pump <i>Anna</i>
	<b>10:15-11:15am</b> Power Stretch <i>Laura P</i>	<b>10:00-10:25am</b> Les Mills Core <i>Anna</i>	<b>10:00-11:15am</b> Turbo Kick <i>Leigh</i>		<b>10:00-11:00am</b> Les Mills Body Pump <i>Anna</i>	<b>10:15-11:15am</b> Turbo Kick <i>TK Team</i>
<b>10:30-11:25am</b> Flow Yoga <i>Miye</i>		<b>10:30-11:15am</b> Fit for Life <i>Robin</i>		<b>10:30-11:15am</b> Fit for Life <i>Robin</i>		
<b>11:30-12:25pm</b> WERQ <i>Naveen</i>	<b>12:00-1:00pm</b> Zumba <i>Naveen</i>	<b>11:30-12:30pm</b> Stretch & Restore <i>Angele</i>	<b>12:00-1:00pm</b> Body Sculpt <i>Linda</i>	<b>11:30-12:30pm</b> Stretch & Restore <i>Angele</i>		<b>11:15-12:15pm</b> Zumba <i>Rotation</i>
<b>12:30-1:15pm</b> Mat Pilates <i>Christen</i>	<b>1:15-2:00pm</b> Silver Seniors <i>Justin</i>				<b>12:00-12:55pm</b> Zumba <i>Caroline</i>	
	<b>4:00-4:45pm</b> Les Mills Body Pump <i>Lynette</i>	<b>4:00-4:45pm</b> Iron Abs & Arms <i>Laura C</i>	<b>4:15-5:10pm</b> Les Mills BodyCombat <i>Sarah</i>	<b>4:00-4:45pm</b> Athletic Abs & Power Gluts <i>Laura C</i>	<b>4:00-4:55pm</b> Les Mills Body Pump <i>Melanie</i>	
	<b>5:00-5:55pm</b> Zumba <i>Melanie</i>	<b>5:00-5:55pm</b> Turbo Kick <i>Katy</i>	<b>5:15-6:15pm</b> Les Mills Body Pump <i>Kristina</i>	<b>5:00-5:55pm</b> Les Mills BodyCombat <i>Anna</i>	<b>5:00-5:55pm</b> Turbo Kick <i>Jaclyn/Brianna/ Melanie</i>	
	<b>6:00-6:45pm</b> Boot Camp Challenge <i>Yacouba</i>	<b>6:00-6:55pm</b> Les Mills Body Pump <i>Melanie</i>	<b>6:30-7:30pm</b> Flow Yoga <i>Angele</i>	<b>6:00-7:00pm</b> Les Mills Body Pump <i>Mandy/Kristina</i>	<b>6:00-7:00pm</b> Flow Yoga <i>Angele/Liz</i>	
	<b>7:00-8:00pm</b> Flow Yoga <i>Angele</i>	<b>7:05-8:05pm</b> Zumba <i>Melanie</i>		<b>7:05-8:05pm</b> Turbo Kick <i>Mandy</i>		

To reserve your spot, registration is required for all group classes beginning 49 hours prior.

Schedules also available at [www.princetonclub.net](http://www.princetonclub.net) or download our Princeton Club App.

# West Spin Schedule

To reserve your spot, registration is required beginning 49 hours prior.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45-6:45am Spin Darren		6:15-6:45am Les Mills SPRINT Claire	6:00-7:00am Spin Core Julie	
						8:00-9:00am Spin Yacouba
9:15-10:15am Spin Linda	9:00-10:00am Spin Linda		9:00-10:00am Spin Jill		9:00-9:45am Cyclub Circuit Priscilla	
	5:30-6:15pm Cyclub Jill		5:30-6:15pm Cyclub Camille	5:30-6:00pm Les Mills SPRINT Yacouba		

# West Water Fitness Schedule

To reserve your spot, registration is required beginning 49 hours prior.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-8:55am Aqua Hi-Lo Jill		8:00-8:55am Aqua Hi-Lo Beth		8:00-8:55am Aqua Hi-Lo Andrea N	
9:00-9:55am Aqua Strength & Cardio Rotation	9:05-10:00am Water in Motion Robin	9:00-9:55am Aqua HIIT Robin	9:05-10:00am Aqua Strength & Cardio Andrea H	9:00-9:55am Water in Motion Kristi	9:05-10:00am Aqua Strength & Cardio Emily	9:00-9:55 Aqua Strength & Cardio Robin
1:00-3:00pm Family Swim	6:00-6:55pm Aqua HIIT Debbie P	6:00-6:55pm Aqua Strength & Cardio Deb M	6:00-6:55pm Aqua Bootcamp Deb M			10:00-12:00pm Family Swim

## To Register for Classes:

download the new Princeton Club app (your username is your email)

- Click "Club location" (West)
- Click "Classes"
- Click on the class you'd like to attend and Click "Sign Up"

## To Access Club Automation:

[princetonclub.clubautomation.com](http://princetonclub.clubautomation.com)

- Click "Access My Account" (bottom left blue button)
- Type in first name, last name and email
- Go to your email inbox and click on the link in the email
- Fill in required fields including creating a password

# WEST Group Exercise Class Descriptions

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

**BODY COMBAT by Les Mills:**

A non-contact, high-energy martial arts inspired workout incorporating moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Come to release stress, have a blast and feel like a champ. Bring your best fighter attitude!

**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 work your entire body with muscle conditioning exercises and a host of athletic and cardio drills to challenge your muscular endurance and anaerobic capacity.

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

**CORE by Les Mills:** An intense 30-minute core-training workout designed to tighten and tone your midsection utilizing body weight, free weights and resistance tubing to challenge balance, coordination and improve functional strength.

**CORE YOGA:** Yoga poses and core exercises designed to stretch, strengthen and tone the back and abdominal muscles. You are highly encouraged to bring your own yoga mat and blocks.

**FIT 20/20:**

Twenty minutes of fun, easy to follow cardio, twenty minutes of light weight strength exercises ending with a relaxing stretch combination.

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

**FLOW YOGA:** This active practice links breath to movement in flowing sequences (Vinyasa Yoga). The focus on alignment and options for poses allows you to meet your unique daily needs. You are highly encouraged to bring your own yoga mat and blocks.

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

**HIIT CARDIO:** Cardiovascular interval training performing bouts of all-out effort followed by recovery time, using both light resistance and body weight for a super high calorie burn.

**HIIT STRENGTH:** Alternating intervals of both weighted strength and body weight cardio to increase both muscular strength and cardio endurance.

**IRON ABS & ARMS:** Use your own body weight, plus a variety of equipment such as dumbbells, body bars, tubing and kettlebells 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:** Embrace movement through a creative series of strengthening movements and yoga poses. The flowing nature of paced sequences ignites the entire body. You are highly encouraged to bring your own yoga mat.

**POWER STRETCH:** Increase flexibility and gain mobility while doing both static and dynamic stretches. A good class to unwind and practice some basic yoga poses. You are highly encouraged to bring your own yoga mat.

**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.

**SLOW FLOW YOGA**

A slower paced breath to movement practice (Vinyasa Yoga) with fewer poses that are held longer. You are highly encouraged to bring your own yoga mat and blocks.

**STRENGTH FUSION:** 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, encouraging relaxation and stress reduction. Props are used and modifications are offered for all levels. This is a great compliment to more active classes leaving you feeling calm and strong. You are highly encouraged to bring your own yoga mat and blocks.

**TURBO KICK:** 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:** Dance to the beat of high-energy music. Choreography includes simplified footwork and body movements from Latin, hip-hop and other dance forms. Great for all levels.

# WEST Spin Class Descriptions

**NEW PARTICIPANTS:** Please arrive at least 15 minutes prior to class time. Your Spinning instructor will help you with bike set up.

**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:** A 30 minute 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.

**SPIN:** This group cycling class accurately replicates the feel of the bike on the road. Experience hills, flat terrains and jumps using various sitting and standing positions. Spin 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).

# WEST Water Exercise Class Descriptions

Water provides low impact on the joints and high resistance for muscle toning and cardio conditioning. A variety of equipment may be used. All classes can be modified for any fitness level. Check the whiteboard near the aquatic equipment room for your instructor's name and the equipment that will be used. Water shoes are strongly recommended but not required.

**Aqua Bootcamp:** Instructors use a different format each week for a total body workout, including suspended exercises and longer repetitions for maximum cardio & strength training. Expect to be challenged by this workout.

**Aqua H.I.I.T. (High Intensity Interval Training):** Intense cardio training workout to burn a maximum amount of calories & boost your metabolism. High intensity work is coupled with lower intensity recovery for a powerful workout.

**Aqua Hi-Lo:** The instructor's focus will be demonstrating higher and lower impact versions of cardio and muscle toning exercises to personalize your workout. The intensity level is determined by each participant from demonstrated modifications.

**Aqua Strength & Cardio:** This class will work your whole body with intense cardio work & muscle toning using the natural resistance of the water for a great cross-training workout.

**WATERinMOTION®:** Set to choreographed moves and music, this dynamic cardiovascular workout tightens and tones the entire body with high-energy, low impact movement.