

**Fitchburg Group Exercise Class Schedule**

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>5:30-6:15am</b> Les Mills Body Attack Express Megan	<b>5:30-6:30am</b> Les Mills Body Pump Jenn M	<b>5:30-6:15am</b> Les Mills Body Attack Express Megan	<b>5:30-6:30am</b> Les Mills Body Pump Melissa		
	<b>6:30-7:15am</b> Turbo Kick Express Rachel					
<b>8:15-9:15am</b> Les Mills Body Pump Kristi		<b>8:00-8:45am</b> Fit For Life Margaret *Fit Lab*		<b>8:00-8:45am</b> Fit for Life Melissa *Fit Lab*		<b>8:00-9:00am</b> Les Mills Body Combat Margaret
<b>9:30-10:30am</b> Zumba Kristi	<b>9:00-10:00am</b> Les Mills Body Pump Janet	<b>9:05-10:00am</b> Les Mills Body Pump Bliss/Rob	<b>9:00-10:00am</b> Les Mills Body Pump Janet	<b>9:05-10:00am</b> Turbo Kick Rachel	<b>9:00-10:00am</b> Les Mills Body Pump Jenn M	
			<b>10:00-10:45am</b> Fit for Life Joe *Fit Lab*		<b>10:00-10:30am</b> Les Mills Core Jenn M	
<b>10:45-11:45am</b> Les Mills Body Step Angie Fa		<b>10:15-11:15am</b> Les Mills Body Step Jackie	<b>10:15-10:55am</b> Les Mills Combat Margaret	<b>10:15-11:15am</b> Les Mills Body Step Jackie		<b>10:30-11:30am</b> WERQ Monica
		<b>11:00-11:45am</b> WERQ Monica *Fit Lab*	<b>11:00-11:30am</b> Les Mills Core Margaret	<b>11:00-11:45am</b> WERQ Monica *Fit Lab*	<b>11:00-12:00pm</b> WERQ Monica/Angie	
	<b>12:00-1:00pm</b> Les Mills Body Pump Sue/Kristi	<b>12:00-12:45pm</b> Total Body Sculpt & Tone Erin	<b>12:00-1:00pm</b> Les Mills Body Pump Laura V	<b>12:00-12:45pm</b> Total Body Sculpt & Tone Linda	<b>12:00-1:00pm</b> Les Mills Body Pump Laura V	
	<b>5:00-6:00pm</b> Les Mills Body Combat Kyla	<b>5:15-6:00pm</b> Les Mills Body Attack Dan	<b>5:00-5:45pm</b> Les Mills Body Pump Express Dan	<b>5:15-6:15pm</b> Les Mills Body Pump Kristi	<b>5:00-5:45pm</b> Latin Hip Hop Monica *FitLab*	
		<b>5:00-5:25pm</b> Les Mills Core Amy *Fit Lab*				
	<b>6:00-7:00pm</b> Les Mills Body Pump Mandy	<b>6:30-7:30pm</b> WERQ Angie Fi.	<b>6:00-7:00pm</b> Les Mills Body Combat Jamesetta		<b>6:00-7:00pm</b> Zumba Amelia	
	<b>7:05-8:05pm</b> Latin Hip Hop Monica		<b>7:05-8:05pm</b> WERQ Monica			

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

**Class Registration:**

**Download the new Princeton Club App** (your username is your email)

-Click "Club location" (Fitchburg)

-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

# Fitchburg Cycle Schedule

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:30am Les Mills SPRINT <i>Bliss/Cori</i>	5:30-6:15am Les Mills RPM Rebecca	6:00-6:30am Les Mills SPRINT <i>Cori</i>	5:30-6:15am Les Mills RPM Rebecca		
					8:00-8:30am Les Mills SPRINT <i>Elisa</i>	
		9:15-10:00am Les Mills RPM Linda	9:00-9:45am Rhythm Erin			9:30-10:00am Les Mills SPRINT <i>Rotation</i>
	5:30-6:15pm Les Mills RPM <i>Janet</i>	5:30-6:30pm Les Mills RPM <i>Amy</i>	5:30-6:00pm Les Mills SPRINT <i>Yacouba</i>	5:15-5:45pm Les Mills SPRINT <i>Bliss</i>		
						Effective Oct 4, 2021

# Fitchburg Aqua Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-10:30am Aqua Fit Mariah/Theresa	9:30-10:30am Aqua Fit <i>Lexy</i>	9:30-10:30am Aqua Fit <i>Mariah</i>	9:30-10:30am Aqua Fit Mariah/Theresa	9:30-10:30am Aqua Fit <i>Lexy</i>	9:30-10:30am Aqua Fit Deb

# Fitchburg Mind/Body Class Schedule

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				7:00-8:00am Flow Yoga Kelsey		
9:30-10:30am Les Mills Body Flow <i>Mary</i>	8:15-9:00am Flow Yoga Jackie R	8:15-9:00am <b>Pilates</b> <i>Linda</i>	9:00-9:45am Gentle Flow Yoga Amanda	8:15-9:00am SomaYoga Chris	9:00-10:00am Flow Yoga Kelsey	9:30-10:30am Yin Yoga <i>Jessica</i>
		9:30-10:30am Yin Yoga <i>Jacki</i>	10:00-11:00am Power Yoga Flow <i>Amanda</i>	9:30-10:30am Yin Yoga <i>Jacki</i>		
	10:30-11:30am Flow Yoga <i>Deann</i>	11:30-12:15pm Les Mills Body Flow <i>Jackie R</i>		11:30-12:15pm Les Mills Body Flow Jackie R		
	5:00-6:00pm Flow Yoga <i>Claire</i>	5:15-6:15pm Gentle Flow Yoga Jessica	5:00-5:55pm Flow Yoga <i>Claire</i>	5:15-6:15pm Flow Yoga Janet		
	6:30-7:30pm Les Mills Body Flow <i>Mary</i>	6:30-7:30pm Yin Yoga <i>Jessica</i>	6:00-7:00pm SomaYoga Chris	6:30-7:30pm Les Mills Body Flow <i>Mary</i>		

## Class Reminders:

Online Registration is required for all classes starting 49 hours prior to class

Please unenroll ASAP if you are unable to attend class.

If you are not present for class check-in, you forfeit your spot to those on Standby

Please bring a mat for classes that require floor work.

# FITCHBURG Group Exercise Class Descriptions

**AQUA FIT:** Employs water's natural resistance and support to provide you with a total body workout! This no-impact class for all fitness levels emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. No swimming skill necessary.

**BODY ATTACK by Les Mills:**

A sports-inspired cardio workout for building strength and stamina. This class uses athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**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 FLOW by Les Mills:**

This class combines Yoga, Tai Chi and Pilates to build flexibility and strength. Controlled breathing, concentration, and carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**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 STEP by Les Mills:**

Basic stepping, like walking up and down stairs, combined with movements like burpees, push-ups, and weight plate exercises. A full body cardio workout to tone butt and thighs.

**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.

**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, active 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 encouraged to bring your own mat and blocks.

**GENTLE FLOW YOGA:** A slower paced breath to movement practice (Vinyasa Yoga) with fewer poses that are held longer. You are encouraged to bring your own mat.

**Latin Hip Hop Dance:** This fun dance class will teach Latin and Hip Hop moves while burning calories, improving flexibility, balance, and coordination. This is a high energy cardio workout that will leave you feeling fabulous!

**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 YOGA FLOW:** Embrace challenge through a creative series of strengthening movements and yoga poses. The flowing nature of paced sequences ignites the entire body. You are encouraged to bring your own mat.

**RHYTHM:** A beat-based ride with speed and resistance intervals that will make you sweat and smash your fitness goals! For all fitness levels.

**RPM by Les Mills:**

A cycle workout where you ride to the rhythm of powerful, motivating music! It's fun, low impact and you control the intensity. This ride is for all fitness levels.

**SOMA YOGA:** A gentle practice blending Somatic and classic Yoga postures where you learn to re-educate the muscles to help relieve pain, improve functional mobility, and reduce stress.

**SPRINT by Les Mills:**

A 30-minute High-Intensity Interval Training (HIIT) workout to achieve fast results. You combine bursts of intense work with periods of rest that prepare you for your next effort.

**TOTAL BODY SCULPT & TONE:** A weight training class using a large variety of equipment. Build and strengthen arms, legs, core and more! Emphasis is on proper technique and using all muscle groups. This class is for all fitness levels and is a compliment to a more active class.

**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.

**YIN YOGA:** 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 follow a more active class, leaving your body feeling calm and rejuvenated. You are encouraged to bring your own mat and blocks.

**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.