



"we're committed to you"

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

Effective
October 4th, 2021

West Group Exercise Class Schedule

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

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 Andrea H	9:05-10:00am Water in Motion Robin	9:00-9:55am Aqua HIIT Robin	9:05-10:00am Aqua Strength & Cardio Debbie P/Andrea N	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 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

- 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.

HARDCORE: An integrated, all-core-muscle-group format that includes strength and stability techniques to trim the core muscles using body weight and equipment.

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.

PiYo: A gentle, fat-burning workout combining the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. It's a great way to get a sweat along with the fun of group exercise & music. All levels of mind-body experience and fitness welcomed!

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.