

# West Group Exercise Class Schedule

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

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>		6:00-6:45am 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>Molly</i>	7:00-7:45am Mat Pilates <i>Linda</i>	7:00-7:55am Flow Yoga <i>Claire</i>	7:00-7:45am Mat Pilates <i>Kara</i>	7:00-7:45am 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 Strength Fusion <i>Angele</i>	8:00-8:45am Fit 20/20 <i>Ann</i>	8:00-8:55am Body Sculpt <i>Linda/Beth</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>Jaclyn/Mandy</i>	9:00-9:55am Les Mills BodyCombat <i>Margaret</i>	9:00-9:55am HIIT Strength <i>Katie</i>	9:00-9:55am Les Mills Body Pump <i>Bliss</i>	9:00-9:55am Bootcamp Challenge <i>Priscilla/Laura A</i>	9:00-9:55am Power Flow <i>Laura P</i>	9:00-9:55am Les Mills Body Pump <i>Mandy</i>
10:30-11:25am PiYo <i>Katy/Melanie</i>	10:15-11:15am Power Stretch <i>Laura P</i>	10:00-10:25am HardCore <i>Katie</i>	10:00-11:15am Turbo Kick <i>Leigh</i>	10:00-10:25am Hard Core <i>Priscilla/Laura A</i>	10:00-11:00am Les Mills Body Pump <i>Bliss</i>	10:05-11:15am Turbo Kick <i>TK Team</i>
11:30-12:25pm WERQ <i>Naveen</i>		10:30-11:15am Fit for Life <i>Margaret</i>		10:30-11:15am Fit for Life <i>Ann</i>		
12:30-1:15pm Mat Pilates <i>Christen</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>	12:00-12:55pm Zumba <i>Caroline</i>	11:15-12:15pm Zumba <i>Rotation</i>
	1:15-2:00pm Silver Seniors <i>Justin</i>		1:15-2:00pm Silver Seniors <i>Rachel</i>		1:15-2:00pm Silver Seniors <i>Nicole C</i>	
	4:00-4:45pm Les Mills Body Pump <i>Lynette</i>	4:00-4:45pm Iron Abs & Arms <i>Laura C</i>	4:30-5:10pm Turbo Kick Express <i>Melanie</i>	4:00-4:45pm Athletic Abs & Power Glutes <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/Mandy</i>	5:15-6:15pm Les Mills Body Pump <i>Kristina</i>	5:00-5:55pm Les Mills BodyCombat <i>Jamesetta</i>	5:05-6:00pm Turbo Kick <i>Brianna/ Melanie/Rachel</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>	6:05-7:05pm Calming Yoga <i>Chris/Min</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>		

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	6:00-7:15am Spin Core Julie	
						8:00-9:00am Rhythm60 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	9:30-10:15am Rhythm45 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 Yacuba		
	6:30-7:30pm Intro to Spin (1st Mondays) Jill					

# West Water 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 Jayne	8:00-8:55am Aqua Hi-Lo Beth	8:00-8:55am Aqua Hi-Lo Kristi	8:00-8:55am Aqua Hi-Lo Andrea N	8:00-8:55am Aqua Hi-Lo Lindsey
9:00-9:55am Aqua HIIT Andrea H	9:05-10:00am Water in Motion Robin	9:05-10:00am Aqua Bootcamp Lauren C	9:05-10:00am Water in Motion Robin	9:05-10:00am Aqua Bootcamp Rotation	9:05-10:00am Aqua Strength & Cardio Emily	9:05-10:00am Aqua Strength & Cardio Lindsey/Robin
1:00-3:00pm Family Swim	6:00-6:55pm Aqua Cardio Kickboxing Karma	6:00-6:55pm Aqua HIIT Denise	6:00-6:55pm Aqua Bootcamp Van	6:00-6:55pm Aqua Strength & Cardio Tracy		10:00-12:00pm Family Swim

## Class Registration:

- 1) Download the Princeton Club App (your username is your email)
- 2) Click "Club location" (West) then click "Classes"
- 3) Click on the class you'd like to attend
- 4) Click "Sign Up"

## Access to Club Automation:

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

- 1) Click "Access My Account" (bottom left blue button)
- 2) Type in first name, last name and email
- 3) Go to your email inbox & click on the link in the email
- 4) 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 exercises for all of your body's muscle groups. This class emphasizes proper technique and utilizes a large variety of equipment, body weight exercises, pure strength movements, and daily functional movements.

**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.

**CALMING YOGA:** This calming yoga practice uses gentle movements, breath work and props to help you quiet your mind and recenter yourself. Leave the week behind and head into your weekend with a clear, refreshed sense of energy.

**CARDIO DANCE:** Dance to both pop and Latin music with easy-to-follow dance steps that allow you to move at your own pace.

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

**FIT 20/20:** 20 minutes of fun, easy-to-follow cardio followed by 20 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. Ideal for older adults and participants seeking 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:** Uses barbells, weight plates and body weight exercises to blast all major muscle groups. Designed to build strength and lean muscle.

**HARD CORE:** 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:** Uses body weight and 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.

**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 sweat along with the fun of group exercise & music. All levels of mind-body experience and fitness are 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 mobility using both static and dynamic stretches. Perfect for unwinding and practicing basic yoga poses. You are highly encouraged to bring your own yoga mat.

**SILVER SENIORS:** A specialized class designed to increase range of motion and muscular strength using light weight or body weight and 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 repetition-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 deep, slow and steady stretches that encourage relaxation and stress reduction to leave you feeling calm and rejuvenated. Props are used and modifications are offered for all levels. A great compliment to more active classes. 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:** Combines the excitement and fun of a Cyclub class with the theory of muscle confusion as participants complete circuits including cycling, strength training and challenging core work.

**INTRO to SPIN:** This class is for beginners. The instructor will properly and safely fit you on the bike. Get educated on positions, metrics, and types of rides. The class ends with a 10 min ride to try it out.

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

**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 maximum intensity 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 the instructor's name and equipment to be used. Water shoes are highly 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 Kickboxing:** Wind up some powerful punches and kicks against the water's resistance in this high intensity kickboxing-inspired pool workout.

**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.