

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 Thomas		6:00-6:30am Les Mills SPRINT Cori	5:30-6:15am Les Mills RPM Rebecca		
	8:15-8:45am Rhythm30 Erin			8:30-9:00am Les Mills SPRINT Bliss	8:15-8:45am Les Mills SPRINT Elisa	
10:00-10:45am Cyclub Natalie/Erin		9:15-10:00am Les Mills RPM Linda	9:15-10:00am Cyclub Circuit Katie/Erin			8:00-8:30am Les Mills SPRINT Rotation
	5:30-6:15pm Les Mills RPM Janet	5:30-6:15pm Cyclub Alex	5:30-6:15pm Les Mills RPM Janet	5:30-6:15pm RhythmBurn Erin		
		6:30-7:30pm SPIN Rob		6:30-7:30pm SPIN Rob		Effective January 8, 2023

Fitchburg Aqua Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-10:25am Aqua Fit Gina	9:30-10:25am Aqua Fit Mona	9:30-10:25am Aqua Fit Lauren	9:30-10:25am Aqua Fit Braeden	9:30-10:25am Aqua Fit Mona	9:30-10:25am Aqua Fit Gina

Fitchburg Mind/Body Class Schedule

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:45-7:30am Flow Yoga Cori	7:00-7:55am Flow Yoga Kara		
9:30-10:30am Les Mills Body Balance Mary	8:15-9:15am Flow Yoga Jackie R	8:15-9:00am Pilates (Mat) Linda		8:00-8:45am Pilates (Mat) Kara	8:15-9:15am Flow Yoga Kelsey	9:30-10:30am Yin Yoga Jessica
		9:30-10:30am Yin Yoga Jacki	9:15-10:15am Flow Yoga Kelsey	9:30-10:30am Yin Yoga Jacki		
	10:30-11:30am Flow Yoga Deann	10:45-11:45am Les Mills Body Balance Jackie R	10:30-11:30am Power Yoga Jackie R	10:45-11:45am Les Mills Body Balance Jackie R		
	5:00-6:00pm Flow Yoga Claire	5:15-6:15pm Gentle Flow Yoga Jessica	5:00-6:00pm Flow Yoga Chris	5:15-6:15pm Yoga Core Janet		
	6:30-7:30pm Les Mills Body Balance Mary	6:30-7:30pm Yin Yoga Jessica		6:30-7:30pm Les Mills Body Balance Mary		

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.

BODY ATTACK by Les Mills: A sports-inspired cardio workout for building strength and stamina, using 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, feel like a champ. Bring your best fighter attitude!

BODY BALANCE by Les Mills: This class combines Yoga, Tai Chi and Pilates to build flexibility and strength. Controlled breathing, concentration, and a 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 calories.

BODY STEP by Les Mills: Rhythmic stepping with squat and lunge patterns to work the legs, combined with movements like burpees, push-ups and weight plate exercises. This is a fun, full body workout for all fitness levels.

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.

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.

CYCLUB: This is a high intensity, challenging and fun ride! Each class features your favorite songs from a variety of genres with the pulse-pounding excitement of a fully synchronized light show.

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 for 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.

HIIT: Intervals of both weighted strength and body weight cardio to increase both muscular strength and cardio endurance.

LATIN HIP HOP DANCE: This fun dance class will teach Latin and Hip Hop moves while burning calories and 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: This class offers a strong moving flow that cultivates balance, stability, flexibility and vigor. This fun and explorative class will challenge you to your edge and encourage you to reach your true potential.

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.

RHYTHM BURN: Heart-thumping, beat-based cycling featuring speed and power intervals plus challenging upper body and core work. All experience levels are welcome.

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.

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.

SPRINT by Les Mills: 30-minute High-Intensity Interval Training (HIIT) workout to achieve fast results by combining 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.

TURN UP: A dance format where you can "Turn Up" the fun and intensity. Routines are broken down so everyone can learn and feel the power of dance.

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 deep, slow and steady stretches that encourage relaxation and stress reduction to leave you feeling calm and rejuvenated. Modifications are offered for all levels. This is a great compliment to follow a more active class. You are encouraged to bring your own mat and blocks.

YOGA CORE: Enjoy the benefits of a flow-style yoga class while focusing on poses and other exercises that challenge your core

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.

YOGA SCULPT: This vigorous class combines the intentional flow of yoga practice with light weights, cardio moves and a bumpin' playlist. Get ready to sweat!

ZUMBA GOLD: A lower-intensity version of the typical Zumba class, designed to meet the anatomical, physiological and psychological needs of seniors.

Fitchburg Group Exercise Class Schedule

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-6:30am Les Mills Body Pump Rebecca		5:45-6:45am Les Mills Body Pump Natalie		
		8:00-8:45am Fit For Life Margaret		8:00-8:45am Fit for Life Braeden *Fit Lab*		
8:15-9:15am Les Mills Body Pump Kristi	8:30-9:30am Boot Camp Challenge Emily *Fit Lab*	8:15-9:00am Turbo Kick Express Rachel *Fit Lab*	8:30-9:30am Boot Camp Challenge Emily *Fit Lab*		8:30-9:30am Boot Camp Challenge Emily *Fit Lab*	8:00-8:45am Les Mills Body Combat Express Margaret
9:30-10:30am Zumba® Kristi	9:00-10:00am Les Mills Body Pump Janet	9:05-10:05am Les Mills Body Pump Bliss/Rob	9:00-10:00am Les Mills Body Pump Janet	9:05-10:05am Turbo Kick Rachel	9:00-10:00am Les Mills Body Pump Dan	8:30-9:30am Boot Camp Challenge Bliss/Rachel *Fit Lab*
	10:00-10:45am Fit for Life Braeden *Fit Lab*		10:00-10:45am Fit for Life Braeden *Fit Lab*		10:05-10:35am Les Mills Core Dan	8:45-9:15am Les Mills Core Margaret
10:45-11:45am Les Mills Body Step Angie Fa		11:00-11:45am Turn Up Monica	10:15-10:55am Les Mills Body Combat Express Margaret	11:00-11:45am WERQ Monica		
12:00-1:00pm WERQ Min		12:00-12:45pm Total Body Sculpt & Tone Rachel	11:00-11:30am Les Mills Core Margaret	12:00-12:45pm Total Body Sculpt & Tone Linda	11:00-11:45pm WERQ Andi	10:30-11:30am WERQ Monica
	12:00-1:00pm Les Mills Body Pump Sue/Dan	1:00-1:45pm Zumba Gold Yuki	12:00-1:00pm Les Mills Body Pump Laura V	1:00-1:45pm Zumba Gold Yuki	12:00-1:00pm Les Mills Body Pump Laura V	
		2:00-2:45pm Silver Seniors Jessica		2:00-2:45pm Silver Seniors Jessica		
	5:00-5:55pm Les Mills Body Combat Kyla	5:15-6:15pm Les Mills Body Step Angie Fa	5:00-6:00pm Les Mills Body Pump Dan	5:15-6:15pm Les Mills Body Pump Kristi	5:00-5:45pm Les Mills Body Pump Express Natalie	
	5:00-5:45pm HIIT Braeden *Fit Lab*	5:30-6:15pm Les Mills Body Attack Dan *Fit Lab*				
	6:00-7:00pm Les Mills Body Pump Mandy	6:30-7:00pm Les Mills Core Dan	6:00-7:00pm Les Mills Body Combat Jamesetta	6:30-7:30pm Zumba® Maria	6:00-7:00pm Zumba® Amelia	
	7:05-8:05pm Latin Hip Hop Monica	7:05-8:05pm WERQ Angie Fi	7:05-8:05pm WERQ Monica			

Schedules also available at 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) then 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