

2920 Hardrock Rd, Fitchburg, WI (608) 441-7000

SUNDAY	To reserve your spot, reference of TUESDAY S:30-6:30am Les Mills Body Pump Rebecca 8:00-8:45am Fit For Life Margaret m S:15-9:00am Turbo Kick Express Rachel *Fit Lab* am dy Pump Bliss/Rob fam e 11:00-11:45am Turn Up Monica m 12:00-12:45pm	sup Exercise C gistration is required WEDNESDAY 5:30-6:30am Les Mills Body Pump Rebecca 8:00-8:45am Yoga Sculpt Molly 8:30-9:30am Boot Camp Challenge Rana *Fit Lab* 9:00-10:00am Les Mills Body Pump Janet 10:00-10:45am Fit for Life Braeden *Fit Lab* 10:15-10:55am Les Mills Body Combat Express Margaret 11:00-11:30am			8:00-8:45am Les Mills Body Combat Express Margaret 8:30-9:30am Boot Camp Challenge Rotation *Fit Lab* 8:45-9:15am Les Mills Core Margaret
### 15:30-6:15 #### HITT Cori ### 8:30-9:30a ### Boot Camp Cha ### Miranda ### ### ### ### ### ### ### ### 9:30-10:30am ### Zumba® Kristi ### 10:00-10:45 ### Fit Lab* ### 10:45-11:45am Les Mills Body Step Angie Fa ### 12:00-1:00pm WERQ Min #### 12:00-1:00 Les Mills Bod Pump #### 12:00-1:00 Les Mills Bod Pump #### 12:00-1:00 Les Mills Bod Pump	TUESDAY 5:30-6:30am Les Mills Body Pump Rebecca 8:00-8:45am Fit For Life Margaret m 8:15-9:00am Turbo Kick Express Rachel *Fit Lab* am dy Pump Bliss/Rob fam ce 11:00-11:45am Turn Up Monica	S:30-6:30am Les Mills Body Pump Rebecca 8:00-8:45am Yoga Sculpt Molly 8:30-9:30am Boot Camp Challenge Rana *Fit Lab* 9:00-10:00am Les Mills Body Pump Janet 10:00-10:45am Fit for Life Braeden *Fit Lab* 10:15-10:55am Les Mills Body Combat Express Margaret	THURSDAY 5:30-6:15am Les Mills Body Pump Lynette 8:00-8:45am Fit for Life Braeden *Fit Lab* 9:05-10:05am Turbo Kick Rachel 11:00-11:45am WERQ	8:30-9:30am Boot Camp Challenge Grace *Fit Lab* 9:00-10:00am Les Mills Body Pump Dan 10:05-10:35am Les Mills Core Dan 11:00-11:45am WERQ	8:00-8:45am Les Mills Body Combat Express Margaret 8:30-9:30am Boot Camp Challenge Rotation *Fit Lab* 8:45-9:15am Les Mills Core
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Fit for Lif Braeden *Fit Lab* 10:45-11:45am Les Mills Body Step Angie Fa 12:00-1:00pm WERQ Min Fit for Lif Braeden *Fit Lab* 11:00-11:55 Power Dar Francis Les Mills Bo Pump	11:00-11:45am Ce Turn Up Monica Dm 12:00-12:45pm	Fit for Life Braeden *Fit Lab* 10:15-10:55am Les Mills Body Combat Express Margaret	WERQ	Les Mills Core Dan 11:00-11:45am WERQ	Les Mills Core
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Fit Lab 10:45-11:45am Les Mills Body Step Francis Angie Fa 12:00-1:00pm WERQ Min Pump *Fit Lab* Power Dar Francis Pump	11:00-11:45am Turn Up Monica 12:00-12:45pm	*Fit Lab* 10:15-10:55am Les Mills Body Combat Express Margaret	WERQ	11:00-11:45am WERQ	Margaret
10:45-11:45am Les Mills Body Step Power Dar Francis Angie Fa 12:00-1:00pm WERQ Min Pump	11:00-11:45am Turn Up Monica m 12:00-12:45pm	10:15-10:55am Les Mills Body Combat Express Margaret	WERQ	WERQ	
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Step Francis Angie Fa 12:00-1:00pm UERQ Les Mills Bo	Monica 12:00-12:45pm	Combat Express Margaret	· ·	· ·	
Angie Fa 12:00-1:00pm WERQ Min Pump	om 12:00-12:45pm	Margaret	Monica	Andi	
12:00-1:00pm	•	+			
WERQ Les Mills Bo Min Pump	•	11:00-11:30am			
Min Pump	ody Total Body		12:00-12:45pm	12:00-1:00pm	10:30-11:30am
		Les Mills Core	Total Body	Les Mills Body	WERQ
	Sculpt & Tone	Margaret	Sculpt & Tone	Pump	Monica
	Rachel		Linda	Laura V	
	1:00-1:45pm	12:00-1:00pm	1:00-1:45pm		
	Zumba Gold	Les Mills Body	Zumba Gold		
	Yuki	Pump	Yuki		
	IUKI	Laura V	Tuki		
	2:00-2:45pm		2:00-2:45pm		
	Silver Seniors		Silver Seniors		
	Jessica		Jessica		
4:00-5:00pm 5:00-5:55n	5:15-6:15pm	F.00 6.00	E:15 6:15nm	E:00 E:45nm	4:00-5:00pm
3.00-3.35p	'''	5:00-6:00pm	5:15-6:15pm	5:00-5:45pm	Power Dance
Les Mills Body Les Mills Bo	u,	Les Mills Body	Les Mills Body	Les Mills Body	
Pump Combat Dot Kyla	Body Step	Pump	Pump Kristi	Pump Express Natalie	Francis
Nyla Nyla	Angie Fa	Dan	MISH	ivacalle	
5:00-5:45p	5:30-6:15pm				
HIIT	Les Mills Body Attack				
Braeden					
Fit Lab	*Fit Lab*				
6:00-7:00p	m 6:30-7:00pm	6:00-7:00pm	6:30-7:30pm	6:00-7:00pm	
Les Mills Bo	dy Les Mills Core	Les Mills Body	Zumba®	Zumba®	
Pump	1 -	Combat	Maria	Amelia	
Mandy	Dan		i .		l .
7:05-8:05	Dan	Jamesetta			
Latin Hip F		Jamesetta 7:05-8:05pm			
- ==:111p1	om 7:05-8:05pm				

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

				Schedule		
				beginning 49 hours p		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:00-6:30am	5:30-6:15am	5:30-6:15am	
			Les Mills SPRINT Cori	Les Mills RPM Rebacca	Les Mills RPM Rebecca	
	0.00.0.1=					
	8:30-9:15am			8:30-9:00am Les Mills SPRINT	8:15-8:45am Les Mills SPRINT	
	SPRINT + Core Bliss			Bliss	Elisa	
10:00-10:45am	Dii33	9:15-10:00am				8:00-8:30am
Cyclub		Les Mills RPM				Les Mills SPRINT
Rotation		Linda				Rotation
	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm		
	Les Mills RPM	Cyclub	Les Mills RPM	Cyclub Circuit		
	Janet	Alex	Janet	Dot		
		6:30-7:30pm		6:30-7:30pm		Effective
		SPIN Rob		SPIN Rob		May, 2023
	□i+	abburg Ac	vuo Eitno	ee Cahad	ulo	
CHAIDAY		TUESDAY	-	ss Sched		CATURDAY
SUNDAY	9:30-10:25am	9:30-10:25am	9:30-10:25am	THURSDAY 9:30-10:25am	9:30-10:25am	9:30-10:25am
	Aqua Fit	Agua Fit	Aqua Fit	Agua Fit	Agua Fit	Aqua Fit
	Gina	Mona	Lauren	Braeden	Mona	Gina
	Fitch	nburg Min	d/Body C	Class Sch	edule	
				Class School		
SUNDAY						SATURDAY
SUNDAY	To re	serve your spot, regi	stration is required	beginning 49 hours p	orior.	SATURDAY
SUNDAY	To re	serve your spot, regi	stration is required WEDNESDAY	beginning 49 hours p	orior.	SATURDAY
SUNDAY	To re	serve your spot, regi	stration is required WEDNESDAY 6:45-7:30am	thursday 7:00-7:55am	orior.	SATURDAY
SUNDAY 9:30-10:30am	To re	serve your spot, regi	stration is required WEDNESDAY 6:45-7:30am Flow Yoga	THURSDAY 7:00-7:55am Flow Yoga	orior.	SATURDAY 9:30-10:30am
9:30-10:30am	To re MONDAY	serve your spot, regi TUESDAY	stration is required WEDNESDAY 6:45-7:30am Flow Yoga	THURSDAY 7:00-7:55am Flow Yoga Kara	Prior. FRIDAY	
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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 Pliates to build flexibility and strength. Concentration, controlled breathing 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 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.

CYCLUB CIRCUIT: The excitement and fun of a Cyclub class, combining a challenging cycle ride with circuits including strength training and core work.

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 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 DANCE: Dance fitness format inspired by Peruvian and Latin music including core based movements. Burn calories while moving to easy to follow dance sequences.

POWER YOGA: This class offers a strong moving flow that cultivates balance, stability, flexibility and vigor. A fun and explorative class challenging you to your edge to help find your true potential.

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.