

PRINCETON CLUB

Effective
January 7, 2024

Fitchburg Group Exercise Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be 12+ to attend all group classes**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30am LES MILLS BODYPUMP Rebecca T.	5:30-6:15am Fit Fusion Lynette	5:30-6:30am LES MILLS BODYPUMP Rebecca T.		
		8:00-8:45am Fit for Life Margaret	8:00-8:45am LES MILLS BODYCOMBAT Margaret	8:00-8:45am Circuit Training *Fit Lab* Braeden		
8:15-9:15am LES MILLS BODYPUMP Kristi	8:30-9:30am Boot Camp Challenge *Fit Lab* Miranda	8:15-9:00am Turbo Kick *Fit Lab* Rachel			8:30-9:30am Boot Camp Challenge *Fit Lab* Miranda	8:00-9:00am LES MILLS BODYCOMBAT Margaret
9:30-10:30am ZUMBA Kristi	9:00-10:00am LES MILLS BODYPUMP Janet	9:30-10:30am LES MILLS BODYPUMP Bliss/Rob	8:45-9:10am LES MILLS CORE Margaret	9:00-10:00am Turbo Kick Rachel	9:00-10:00am LES MILLS BODYPUMP Dan	8:30-9:30am Boot Camp Challenge *Fit Lab* Rotation
	10:00-10:45am Circuit Training *Fit Lab* Braeden		9:15-10:15am LES MILLS BODYPUMP Janet		10:05-10:35am LES MILLS CORE Dan	9:00-9:30am LES MILLS CORE Margaret
10:45-11:45am LES MILLS BODYSTEP Angie Fadness	11:00-11:45am WERQ Amy B	11:00-11:45am Latin Hip Hop Monica	10:00-10:45am Circuit Training *Fit Lab* Braeden	11:00-11:45 WERQ Monica	11:00-11:45 WERQ Andi	9:45-10:30am LES MILLS BODYPUMP Lauren/ Rachel W
12:00-1:00pm WERQ Min	12:00-1:00pm LES MILLS BODYPUMP Sue/Dan	12:00-12:45pm Total Body Sculpt & Tone Rachel	10:30-11:15am ZUMBA Yuki	12:00-12:45pm Total Body Sculpt & Tone Linda	12:00-1:00pm LES MILLS BODYPUMP Laura V	10:00- 11:00am Fit For Life *Fit Lab* Tommie
			12:00-1:00pm LES MILLS BODYPUMP Laura V			10:35-11:35am WERQ Monica
		2:00-2:45pm Silver Seniors Jessica		2:00-2:45pm Silver Seniors Jessica		
	5:00-5:55pm LES MILLS BODYCOMBAT Kyla	5:15-6:15pm LES MILLS BODYSTEP Angie Fadness	5:00-6:00pm LES MILLS BODYPUMP Dan	5:15-6:15pm LES MILLS BODYPUMP Kristi	5:00-5:45pm LES MILLS BODYPUMP Natalie	4:00-5:00pm Power Dance Francis
	5:00-5:45pm HIIT *Fit Lab* Braeden	5:30-6:00pm LES MILLS CORE *Fit Lab* Dan				
	6:00-7:00pm LES MILLS BODYPUMP Mandy	6:20-7:05pm LES MILLS BODYATTACK Dan	6:00-7:00pm LES MILLS BODYCOMBAT Jamesetta	6:30-7:30pm Cardio Fuse Rebekah	6:00-7:00pm ZUMBA Amelia	
	7:05-8:05pm Latin Hip Hop Monica	7:15-8:15pm WERQ Angie Fillner	7:05-8:05pm WERQ Monica			

Fitchburg Cycle Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be 12+ to attend all group classes**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:15am LES MILLS RPM Rebecca				5:30-6:15am LES MILLS RPM Rebecca	
	8:30-9:15am LES MILLS sprint & Core Bliss	9:15-10:00am LES MILLS RPM Linda	9:00-9:45am Rhythm 45 Nina	8:30-9:15am LES MILLS sprint & Core Bliss	8:15-8:45am LES MILLS sprint Elisa	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	5:30-6:30pm Road Ride Rob		

Fitchburg Mind/Body Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be 12+ to attend all group classes**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:45-7:30am Flow Yoga Cori	7:30-8:30am PiYo Cori	5:45-6:45am LES MILLS BODYBALANCE Emily Jo	
9:30-10:30am LES MILLS BODYBALANCE Mary	8:15-9:15am Flow Yoga Jackie R	8:15-9:00am Mat Pilates Linda	8:15-9:15am Power Yoga & Stretch Jackie R		8:15-9:15am Flow Yoga Kelsey	8:00-9:15am Flow Yoga Kelsey
10:45-11:45am Stretch & Restore Emily		9:30-10:30am Yin Yoga Jacki W	9:30-10:30am Flow Yoga Kelsey	9:30-10:30am Yin Yoga Jacki W		9:30-10:30am Yin Yoga Jessica
	10:30-11:30am Flow Yoga Deann	10:45-11:45am LES MILLS BODYBALANCE Jackie R	11:30-12:30pm Stretch & Restore Angele	10:45-11:45am LES MILLS BODYBALANCE Jackie R	11:30-12:30pm Stretch & Restore Angele	11:00-11:45am Barre Rebekah
	5:00-6:00pm Flow Yoga Claire	4:15-5:15pm Gentle Flow Yoga Jessica	5:15-6:15pm Flow Yoga Tedi	5:15-6:15pm Yoga Core Janet		
6:00-7:00pm Yin Yoga Kelsey	6:30-7:30pm LES MILLS BODYBALANCE Mary	5:30-6:30pm Yin Yoga Jessica	6:30-7:15pm Barre Rebekah	6:30-7:30pm LES MILLS BODYBALANCE Mary		

Fitchburg Aqua Fitness Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be 12+ to attend all group classes**

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 Gina	9:30-10:25am Aqua Fit Mona	9:30-10:25am Aqua Fit Rebekah

Instructions for Class Registration

Download the Princeton Club App

- Enter your username (this is your email address)
- Click "Club location" (Fitchburg), then click "Classes"
- Select the class you'd like to attend
- Click "Sign Up"

To Access Club Automation:

- Go to princetonclub.clubautomation.com
- Click "Access My Account" (bottom left blue button)
- Type first name, last name & email address
- Click the link in the email sent to your inbox
- Fill in required fields and create a password

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.

BARRE: Incorporates ballet-inspired compound moves. With high reps and low impact movements, barre challenges anyone looking to fine-tune their muscles.

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: Incorporates moves from Karate, Taekwondo, Boxing Muay Thai, Capoeira and Kung Fu in a high-energy, non-contact workout

BODY BALANCE by Les Mills: Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

BODY PUMP by Les Mills: Utilizes light-to-moderate weight with high repetitions to develop 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.

BOOT CAMP CHALLENGE: Combines muscle conditioning exercises with athletic and cardio drills to challenge muscular endurance and anaerobic capacity

CARDIO FUSE: Combines kickboxing, dance, plyometrics, resistance training and core work for a full body workout, choreographed to hard hitting popular music.

CORE by Les Mills: Uses body weight, free weights and resistance tubing to tighten and tone the midsection, challenge balance and improve strength and coordination

CYCLUB: Uses flashing lights and powerful beats to create a dance party vibe that carries riders through music-driven intervals that may include an off-bike circuit

FIT FUSION: High energy blend of cardio, strength and core exercises to take your fitness to the next level

FIT FOR LIFE: Utilizes functional movement patterns designed to help older adults maintain muscle, improve bone density, balance and care for joints

FLOW YOGA: Links breath to movement in flowing, Vinyasa Yoga sequences that focus on alignment

GENTLE FLOW YOGA: A slower paced, breath to movement practice (Vinyasa Yoga) with fewer poses that are held longer

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

LATIN HIP HOP DANCE: This fun class will teach Latin and Hip Hop moves while burning calories and improving flexibility, balance and coordination. 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.

PIYo: Combines the muscle-sculpting, core-firming elements of Pilates with the strength and flexibility of yoga in a high-energy, low impact workout

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 and STRETCH: This class offers a dynamic flow that cultivates strength, balance, stability and flexibility followed by deep stretching.

RHYTHM: A beat-based ride with speed and resistance intervals

RPM by Les Mills: Provides a journey through mixed terrain that maintains an aerobic heart rate zone with short bursts of intensity that push riders to reach cardio peaks

ROAD RIDE: A strength and endurance class that simulates an outdoor ride on an indoor bike. This is a great option for off season training.

SILVER SENIORS: Increases 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.

STRETCH & RESTORE: Improves flexibility and posture with deep, slow stretches that promote relaxation and stress reduction

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 deep, slow and steady stretches that encourage relaxation and stress reduction to leave you feeling calm and rejuvenated.

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

ZUMBA: Combines choreographed dance moves with simplified foot work and body movements set to high-energy music, including Latin and hip hop