

PRINCETON CLUB

Effective
January 7, 2024

West 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
	5:30-6:00am LES MILLS GRIT	5:30-6:30am HIGH fitness	6:00-6:45am Body Sculpt	5:30-6:30am HIGH fitness	5:30-6:00am LES MILLS GRIT	
	6:00-6:30am LES MILLS BODY PUMP				6:00-6:30am LES MILLS BODY PUMP	
	6:30-6:55am LES MILLS CORE	7:00-7:55am Flow Yoga	7:00-7:45am Mat Pilates	7:00-7:55am Flow Yoga	6:30-6:55am LES MILLS CORE	7:00-7:55am Slow Flow Yoga
8:30-9:25am Body Sculpt	8:00-8:45am Fit 20/20	8:00-8:55am Body Sculpt	8:00-8:45am Fit 20/20	8:00-8:55am Body Sculpt	7:00-7:45am Mat Pilates	8:00-8:50am Body Sculpt
9:30-10:25am Turbo Kick	9:00-9:55am LES MILLS BODYCOMBAT	9:00-9:55am HIIT Strength	9:00-9:55am LES MILLS BODY PUMP	9:00-9:55am Boot Camp Challenge	8:00-8:55am Cardio Dance	9:00-9:55am LES MILLS BODY PUMP
10:30-11:25am PiYo	10:15-11:15am Power Stretch	10:00-10:25am HardCore	10:00-11:00am Turbo Kick	10:00-10:25am HardCore	9:00-9:55am Power Flow	10:05-11:15am Turbo Kick
11:30-12:25pm WERQ	12:00-1:00pm ZUMBA	10:30-11:15am Fit For Life	12:00-1:00pm Body Sculpt	10:30-11:15am Fit for Life	10:00-11:00am LES MILLS BODY PUMP	11:15-12:15pm ZUMBA
12:30-1:15pm Mat Pilates	1:15-2:00pm Silver Seniors	11:30-12:30pm Stretch & Restore	1:15-2:00pm Silver Seniors	11:30-12:30pm Stretch & Restore	11:05-11:50am Stretch & Restore	
1:30-2:15pm Fit For Life	4:00-4:45pm LES MILLS BODY PUMP		2:00-2:45pm ZUMBA GOLD		12:05-1:05pm Cardio Fuse	
4:00-5:00pm Power Dance	5:00-5:55pm ZUMBA	4:00-4:45pm Iron Abs & Arms	4:45-5:30pm LES MILLS BODYCOMBAT	4:00-4:45pm Athletic Abs & Power Glutes	1:15-2:00pm Silver Seniors	
	6:00-6:45pm Boot Camp Challenge	5:00-5:55pm Turbo Kick	5:30-6:30pm LES MILLS BODY PUMP	5:00-5:55pm LES MILLS BODYCOMBAT	4:00-4:55pm LES MILLS BODY PUMP	
	7:00-8:00pm Flow Yoga	6:00-6:55pm LES MILLS BODY PUMP	6:45-7:45pm Flow Yoga	6:00-7:00pm LES MILLS BODY PUMP	5:05-6:00pm Turbo Kick	
		7:05-8:05pm ZUMBA	8:00-8:55pm Cardio Fuse	7:05-8:05pm Turbo Kick	6:05-7:05pm Slow Flow Yoga	



West Spin 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
		5:45-6:45am Spin	6:00-6:45am Cyclub Circuit	6:15-6:45am <small>LES MILLS</small> sprint	6:00-7:15am Spin Core	
		8:15-9:00am Cyclub Circuit				8:00-8:45am LES MILLS RPM
9:15-10:15am Spin	9:00-10:00am Spin		9:00-10:00am Spin		9:00-9:45am Cyclub Circuit	
	5:30-6:15pm Cyclub		5:30-6:15pm Cyclub			
	6:30-7:30pm Intro to Spin (First Mondays)			6:00-6:30pm <small>LES MILLS</small> sprint		

West 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
	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Strength & Cardio	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Strength & Cardio	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Hi-Lo
9:00-9:55am Aqua HIIT	9:05-10:00am 	9:05-10:00am Aqua Bootcamp	9:05-10:00am Aqua HIIT	9:05-10:00am 	9:05-10:00am Aqua Strength & Cardio	9:05-10:00am Aqua Strength & Cardio
1:00-3:00pm Family Swim	6:00-6:55pm Aqua Cardio Kickboxing	6:00-6:55pm Aqua HIIT	6:00-6:55pm Aqua Bootcamp	6:00-6:55pm Aqua Strength & Cardio		10:00-12:00pm Family Swim

Instructions for Class Registration

Download the Princeton Club App

- Enter your username (this is your email address)
- Click "Club location" (West), 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

Princeton Club West Group Exercise Class Descriptions

Athletic Abs & Power Glutes: Uses body weight and equipment to build strength in the abdominal and gluteal muscles

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 PUMP by Les Mills: Utilizes light to moderate weight with high repetitions to develop lean, athletic muscle while burning calories

Body Sculpt: Tones and defines all of the body's muscle groups using a variety of equipment, body weight exercises, and daily functional movements

Boot Camp Challenge: Combines muscle conditioning exercises with athletic and cardio drills to challenge muscular endurance and anaerobic capacity

Cardio Dance: Combines pop and Latin music with easy-to-follow dance steps that allow participants to move at their own pace

Cardio Fuse: Combines kickboxing, dance, plyometrics, and core work for a full body workout set 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

FIT 20/20: Combines 20 minutes of fun, easy-to-follow cardio with 20 minutes of light strength exercises and a relaxing stretch combination to finish

Fit For Life: Utilizes functional movement patterns designed to help older adults maintain muscle, improve bone density and balance, and care for joints

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

GRIT by Les Mills: Builds strength and lean muscle by blasting the major muscle groups with high intensity exercises using barbells, weight plates and body weight

HARD CORE: Trims all of the muscles of the core with strength and stability techniques using body weight and equipment

High Fitness: Alternates high-intensity movement with active recovery to improve cardiovascular strength and stamina in a full body workout set to fun, fabulous music

HIIT Strength: Alternates intervals of weighted strength and body weight cardio to increase muscular strength and cardiovascular endurance

Iron Abs & Arms: Uses body weight and a variety of equipment to create leaner, firmer abs while building the muscles of the upper body

Mat Pilates: Improves 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: Sets easy-to-follow dance sequences, including core-based dance movements, to Peruvian and Latin music

Power Flow: Uses creative patterns of movement and dynamic sequences set to music to discover strength and mobility and build balance and confidence

Power Stretch: Progresses through a creative series of stretches from mat to standing, promoting increased mobility and flexibility

Silver Seniors: Increases range of motion and muscular strength using light weight or body weight and non-impact exercises geared toward daily, healthy living

Slow Flow Yoga: Links breath to movement in slower paced Vinyasa Yoga sequences with fewer poses that are held longer
***you are encouraged to bring a mat*

Strength Fusion: Works the entire body with time and repetition-based intervals followed by brief cardio bursts to improve functional fitness and balance

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

Turbo Kick: Incorporates kickboxing, dance, and martial arts in a fun, high-energy workout set to motivating music

WERQ: Builds cardiovascular endurance and inspires participants to WERQ up a sweat on the floor dancing to today's top pop, rock and hip-hop hits

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

ZUMBA GOLD: Offers a lower intensity version of traditional Zumba dance choreography designed to meet the needs of seniors

Princeton Club West Spin Class Descriptions

NEW PARTICIPANTS: Please arrive 10 minutes prior to class time. Your spinning instructor will help you with bike set up.

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

Cyclub Circuit: Combines strength and speed on the bike with several off-bike, total body conditioning circuits in a boot-camp style workout set to flashing lights and powerful beats

Intro to Spin: Teaches the basics of proper bike set up, resistance, body positioning and pace on the first Monday of each month

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

SPRINT by Les Mills: Utilizes short bursts of maximum intensity, followed by periods of complete rest, to stimulate Excess Post-Exercise Oxygen Consumption (EPOC), helping riders burn calories for up to 9 hours post-workout

Spin: Recreates the experience of road cycling with standing and seated intervals that guide riders over flat roads, steep mountains and rolling hills

Spin Core: Combines a challenging, one-hour ride with fifteen minutes of post-ride exercises focused on core strength, balance and flexibility

Princeton Club West Aqua Fitness Class Descriptions

Water-based exercises provide low impact for 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 are not required.

Aqua Bootcamp: Utilizes suspended exercises and longer repetitions for maximum cardio & strength training in a different format each week

Aqua HIIT (High Intensity Interval Training): Combines high intensity work with lower intensity recovery in an intense, cardio training workout that burns calories and boosts your metabolism

Aqua Hi-Lo: Offers high and low impact versions of cardio and muscle toning exercises to allow participants to determine the intensity of the workout

Aqua Cardio Kickboxing: Wind up some powerful punches and kicks against the water's resistance in this high intensity, kickboxing-inspired workout

Aqua Strength & Cardio: Uses the water's natural resistance to work the entire body with intense cardio work and muscle toning in a high-energy, cross training workout

WATERinMOTION®: Tightens and tones the entire body with high energy, low impact movement in a dynamic, choreographed cardiovascular workout set to music