

# Princeton Club Fitchburg Group Exercise Class Descriptions

**Barre:** Incorporates ballet-inspired, compound movements into high repetition, low impact exercises that tighten and tone the entire body

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

**Circuit Training:** Improves muscular strength and endurance through a series of moderate intensity exercises utilizing equipment and body weight

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

**Fit Fusion:** Blends cardio, strength and core exercises into a high energy, whole-body workout

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

**Latin Hip Hop:** Incorporates Latin and Hip Hop moves into a high energy workout that improves flexibility, balance and coordination

**Les Mills BODY ATTACK:** Builds strength and stamina by combining athletic movements like running, jumping and lunging with strength exercises like push ups and squats

**Les Mills BODY COMBAT:** Incorporates moves from numerous martial arts disciplines in a high-energy, non-contact workout

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

**Les Mills BODY STEP:** Combines upbeat, rhythmic stepping with squat and lunge patterns to work the legs, burpees, push ups, and weight plate exercises

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

**Les Mills STRENGTH DEVELOPMENT:** Utilizes higher weight and lower repetition of controlled, deliberate movement for maximum muscle engagement and progressive strength development \*\*COMING SPRING 2024\*\*

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

**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

## Princeton Club Fitchburg Cycle 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

**Road Ride:** Simulates an outdoor ride on an indoor bike in a strength and endurance based workout ideal for off season training

**Rhythm:** Lights up your core and legs with power, speed, and movement driven by motivating beats, with challenges both in and out of the saddle

**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

## Princeton Club Fitchburg Mind Body Class Descriptions

**BODY BALANCE by Les Mills:** Combines Yoga, Tai Chi and Pilates to build flexibility and strength through a structured series of stretches, moves and poses set to music

**Flow Yoga:** Links breath to movement in flowing, Vinyasa Yoga sequences that focus on alignment. You are encouraged to bring a mat.

**Gentle 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.

**Mat Pilates:** Improves posture, flexibility and balance while strengthening the entire core

**Power Yoga & Stretch:** Cultivates strength, balance, stability and flexibility through a dynamic flow followed by deep stretching that challenges you to reach your true potential in a fun and creative way

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

**Yin Yoga:** Improves flexibility and posture with deep, slow and steady stretches that encourage relaxation and stress reduction

**Yoga Core:** Combines the benefits of flow-style yoga with targeted core exercise to build balance, strength and flexibility

## Princeton Club Fitchburg Aqua Fitness Class Descriptions

**Aqua Fit:** Employs water's natural resistance and support to provide a no-impact, total body workout that emphasizes strength and endurance, flexibility and range of motion