

# 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 <b>LES MILLS BODYPUMP</b> Rebecca T.	5:30-6:15am Fit Fusion Lynette	5:30-6:30am <b>LES MILLS BODYPUMP</b> Rebecca T.		
		8:00-8:45am Fit for Life Margaret	8:00-8:45am <b>LES MILLS BODYCOMBAT</b> Margaret	8:00-8:45am Circuit Training *Fit Lab* Braeden		
8:15-9:15am <b>LES MILLS BODYPUMP</b> 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 <b>LES MILLS BODYCOMBAT</b> Margaret
9:30-10:30am <b>ZUMBA</b> Kristi	9:00-10:00am <b>LES MILLS BODYPUMP</b> Janet	9:05-10:05am <b>LES MILLS BODYPUMP</b> Bliss/Rob	8:45-9:10am <b>LES MILLS CORE</b> Margaret	9:00-10:00am Turbo Kick Rachel	9:00-10:00am <b>LES MILLS BODYPUMP</b> Dan	8:30-9:30am Boot Camp Challenge *Fit Lab* Rotation
	10:00-10:45am Circuit Training *Fit Lab* Braeden		9:15-10:15am <b>LES MILLS BODYPUMP</b> Janet		10:05-10:35am <b>LES MILLS CORE</b> Dan	9:00-9:30am <b>LES MILLS CORE</b> Margaret
10:45-11:45am <b>LES MILLS BODYSTEP</b> Angie Fadness	11:00-11:45am <b>WERQ</b> Amy B	11:00-11:45am Latin Hip Hop Monica	10:00-10:45am Circuit Training *Fit Lab* Braeden	11:00-11:45 <b>WERQ</b> Monica	11:00-11:45 <b>WERQ</b> Andi	9:45-10:30am <b>LES MILLS BODYPUMP</b> Lauren/ Rachel W
12:00-1:00pm <b>WERQ</b> Min	12:00-1:00pm <b>LES MILLS BODYPUMP</b> Sue/Dan	12:00-12:45pm Total Body Sculpt & Tone Rachel		12:00-12:45pm Total Body Sculpt & Tone Linda	12:00-1:00pm <b>LES MILLS BODYPUMP</b> Laura V	10:00- 10:45am Fit For Life *Fit Lab* Tommie
			12:00-1:00pm <b>LES MILLS BODYPUMP</b> Laura V			10:35-11:35am <b>WERQ</b> Monica
		2:00-2:45pm Silver Seniors Jessica		2:00-2:45pm Silver Seniors Jessica		
	5:00-5:55pm <b>LES MILLS BODYCOMBAT</b> Kyla	5:15-6:15pm <b>LES MILLS BODYSTEP</b> Angie Fadness	5:00-6:00pm <b>LES MILLS BODYPUMP</b> Dan	5:15-6:15pm <b>LES MILLS BODYPUMP</b> Kristi	5:00-5:45pm <b>LES MILLS BODYPUMP</b> Natalie	
	5:00-5:45pm HIIT *Fit Lab* Braeden	5:30-6:00pm <b>LES MILLS CORE</b> *Fit Lab* Dan				
	6:00-7:00pm <b>LES MILLS BODYPUMP</b> Mandy	6:20-7:05pm <b>LES MILLS BODYATTACK</b> Dan	6:00-7:00pm <b>LES MILLS BODYCOMBAT</b> Jamesetta		6:00-7:00pm <b>ZUMBA</b> Amelia	
	7:05-8:05pm Latin Hip Hop Monica	7:15-8:15pm <b>WERQ</b> Angie Fillner	7:05-8:05pm <b>WERQ</b> 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 <b>LES MILLS RPM</b> Rebecca				5:30-6:15am <b>LES MILLS RPM</b> Rebecca	
	8:30-9:15am <b>LES MILLS sprint</b> & Core Bliss	9:15-10:00am <b>LES MILLS RPM</b> Linda	9:00-9:45am Rhythm 45 Nina	8:30-9:15am <b>LES MILLS sprint</b> & Core Bliss	8:15-8:45am <b>LES MILLS sprint</b> Elisa	8:15-8:45am <b>LES MILLS sprint</b> Rotation
	5:30-6:15pm <b>LES MILLS RPM</b> Janet	5:30-6:15pm Cyclub Natalie	5:30-6:15pm <b>LES MILLS RPM</b> 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 Yoga Core Cori	5:30-6:30am <b>LES MILLS BODYBALANCE</b> Emily Jo	
9:30-10:30am <b>LES MILLS BODYBALANCE</b> 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 <b>LES MILLS BODYBALANCE</b> Jackie R	11:30-12:30pm Stretch & Restore Angele	10:45-11:45am <b>LES MILLS BODYBALANCE</b> 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 <b>LES MILLS BODYBALANCE</b> Mary	5:30-6:30pm Yin Yoga Jessica	6:30-7:15pm Barre Rebekah	6:30-7:30pm <b>LES MILLS BODYBALANCE</b> 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](http://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