

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	9:00-10:00am LES MILLS BODYCOMBAT	9:00-9:55am HIIT Strength		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	10:00-10:45am Tabata Strength	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 WERQ	5:00-5:55pm ZUMBA	4:00-4:45pm Iron Abs & Arms	3:45-4:40pm CardioFuse	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	4:45-5:30pm LES MILLS BODYCOMBAT	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	5:30-6:30pm LES MILLS BODY PUMP	6:00-7:00pm LES MILLS BODY PUMP	5:05-6:00pm Turbo Kick	
		7:05-8:05pm ZUMBA	6:45-7:45pm Flow Yoga	7:05-8:05pm LES MILLS BODYATTACK	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		6:15-6:45am <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 Les Mills RPM			
	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

* Please register for all Group Exercise classes. Walk-ins are allowed only if room remains in the class - please see the instructor prior to setting up for class to check availability. Registration for each class opens 48 hours prior to class start time and closes 30 minutes prior class starting.

* Arrive 10-15 minutes prior to class start to allow time for class setup.

* Yoga participants may bring their own mats, but we also provide mats.

To check our full class schedule (including instructor names) and register for classes: visit www.princetonclub.net, click on Classes and choose Princeton Club - West

To view daily classes offered and register from your mobile device: use the Princeton Club mobile app.

We look forward to welcoming you to our classes!

QUESTIONS? Contact Erin Esbeck, Group Fitness Manager: erin.esbeck@princetonclub.net.