

# 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

**Tabata Strength:** Alternates timed strength intervals using a variety of equipment with short periods of recovery in a full-body workout adaptable to all fitness levels and abilities

**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