

Princeton Club Fitchburg Group Exercise Class Descriptions

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

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 strength development

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

Turn Up: Works your entire body in a high energy interval trainign dance workout

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

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

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