

PRINCETON CLUB

Effective
January 8, 2025

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				5:30-6:00am LES MILLS GRIT	
	6:05-7:00am Strength Development	6:00-6:45am CardioCore Fusion	6:00-6:45am Body Sculpt	6:00-6:45am CardioCore Fusion	6:05-6:50am LES MILLS BODY PUMP	
	7:05-7:50am Slow Flow Yoga	7:00-7:55am Flow Yoga	7:00-7:45am Mat Pilates	7:00-7:55am Flow Yoga	7:00-7:45am Mat Pilates	7:00-7:55am Slow Flow Yoga
8:30-9:25am Body Sculpt	8:00-8:45am Fit 20/20	8:05-9:00am Body Sculpt	8:00-8:45am Fit 20/20	8:05-9:00am Body Sculpt	8:00-8:55am Cardio Dance	8:00-8:50am Body Sculpt
9:30-10:25am Turbo Kick	9:00-10:00am LES MILLS BODYCOMBAT	9:15-10:15am Boot Camp	9:00-9:45am LES MILLS Shapes	9:15-10:15am HIIT Strength	9:00-9:55am Power Flow	9:00-9:55am LES MILLS BODY PUMP
10:30-11:25am PiYo	10:15-11:15am Power Stretch	10:30-11:15am Fit For Life	10:00-11:00am Turbo Kick	10:30-11:15am Fit for Life	10:05-11:00am Strength Development	10:05-11:15am Turbo Kick
11:30-12:25pm WERQ		11:30-12:30pm Stretch & Restore	12:00-1:00pm Body Sculpt	11:30-12:30pm Stretch & Restore	11:10-11:55am Tabata Strength	11:20-12:20pm ZUMBA
12:30-1:15pm Mat Pilates	12:00-1:00pm ZUMBA		1:15-2:00pm Forever Active		12:05-1:05pm LES MILLS BODYCOMBAT	
1:30-2:15pm Fit For Life	1:15-2:00pm Forever Active		2:05-2:50pm ZUMBA GOLD		1:15-2:00pm Forever Active	
4:00-4:55pm WERQ	4:00-4:45pm LES MILLS BODY PUMP	4:00-4:45pm Iron Abs & Arms		4:00-4:45pm Athletic Abs & Power Glutes	4:00-4:55pm LES MILLS BODY PUMP	
5:05-6:00pm Strength Development	5:00-5:55pm ZUMBA	5:00-5:55pm LES MILLS BODYATTACK	4:45-5:30pm LES MILLS BODYCOMBAT	5:00-5:55pm LES MILLS BODYCOMBAT	5:05-6:00pm Turbo Kick	
	6:00-6:45pm LES MILLS Shapes	6:00-7:00pm LES MILLS BODY PUMP	5:35-6:35pm LES MILLS BODY PUMP	6:00-7:00pm LES MILLS BODY PUMP	6:05-7:05pm Stretch & Restore	
	7:00-8:00pm Flow Yoga	7:05-8:05pm ZUMBA	6:45-7:45pm Flow Yoga	7:05-8:05pm ZUMBA		

Princeton Club West Cycle Classes by Category

NEW PARTICIPANTS: Please arrive 10 minutes prior to class time. Your instructor will help you with bike set-up.

The pedals on the bikes are dual-sided: cages to accommodate sneakers and SPD clips for clipping in.

WORKOUT PARTY RIDES

Cyclub: Uses lights and powerful beats to create a party vibe that carries riders through an **interval-based** ride

RhythmBurn: Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** that includes a mid-ride off-bike resistance band/light weight circuit

RhythmCore: Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** that includes a mid-ride off-bike core circuit

RhythmReps: Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** enhanced by lights that includes off-bike conditioning circuits in a bootcamp-style workout

OUTDOOR RIDING INSIDE

Spin: Recreates the experience of road cycling with standing and seated intervals that guide riders over flat roads, steep mountains, and rolling hills

Intro to Spin: **offered the first Monday of each month**
Teaches the basics of proper bike set up, working with resistance, body positioning, and pacing used in Spin classes

Spin Core: Combines a challenging, one-hour ride with 15 minutes of post-ride exercises focused on core strength, balance, and flexibility

HIIT Cycle: Pairs intervals of focused effort using resistance & speed with periods of recovery in varied base RPMs for an exhilarating experience

LES MILLS FORMATS

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

West Cycle Studio Schedule

To reserve your spot, registration - available 49 hours prior to class start time - is required. ****Must be age 12+ to attend all group classes****

Virtual Les Mills OnDemand classes are available when live classes are not scheduled.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45-6:45am Spin	5:45-6:30am LES MILLS RPM		6:00-7:15am Spin Core	
		8:15-9:00am RhythmReps		8:15-8:45am LES MILLS sprint		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 RhythmReps	
	5:30-6:15pm Cyclub	5:30-6:15pm RhythmCore	5:30-6:15pm Rhythm Rotation	5:30-6:15pm RhythmBurn		
	6:30-7:30pm Intro to Spin (First Mondays)					