

Princeton Club West Group Exercise Classes by Category

CREATIVE CARDIO

CardioCore Fusion: Offers cardio and core work using a variety of equipment and bodyweight exercises of varying intensities to improve cardiorespiratory fitness, muscle tone, and core stability

BODY ATTACK by Les Mills: Combines athletic movements like running, lunging and jumping with bodyweight strength exercises for a whole body workout to build stamina and improve agility

BODY COMBAT by Les Mills: Incorporates Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu in a high-energy, non-contact workout

Turbo Kick: Mixes kickboxing, dance, and martial arts in a fun, high-energy workout set to motivating music

Cardio Dance: Combines pop and Latin music with easy-to-follow dance steps that allow participants to move at their own pace

POPULAR WITH OUR LEGENDS

Body Sculpt: Works the major muscle groups using a variety of equipment, body weight exercises, and daily functional movements

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

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

Forever Active: Maintains range of motion, increases muscular strength, and improves balance using a chair, light weights, and body weight for low to no-impact exercises aligned with daily, healthy living

Cardio Dance: Combines pop and Latin music with easy-to-follow dance steps that allow participants to move at their own pace

ZUMBA GOLD: Offers a lower intensity version of traditional Zumba dance choreography designed to meet the needs of seniors

Stretch & Restore: Improves flexibility and posture with deep, slow stretches that promote relaxation and stress reduction

DANCE-Y PARTIES

Cardio Dance: Combines pop and Latin music with easy-to-follow dance steps that allow participants to move at their own pace

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 world rhythms

ZUMBA GOLD: Offers a lower intensity version of traditional Zumba choreography designed to meet the needs of seniors

Turbo Kick: Mixes kickboxing, dance, and martial arts in a fun, high-energy workout set to motivating music

MIND/BODY CONNECTIONS

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

SHAPES by Les Mills: Combines elements of Pilates, Barre, and Power Yoga in a low-impact, high-intensity workout that sculpts and strengthens the entire body

Flow Yoga: Links breath to movement in flowing, Vinyasa Yoga sequences that focus on alignment

Power Flow: Uses energetic patterns of movement and dynamic sequences set to music to discover strength & mobility and build balance & confidence

Power Stretch: Progresses through a creative series of stretches from mat to standing, promoting increased mobility and flexibility

Slow Flow Yoga: Links breath to movement in slower paced Vinyasa Yoga sequences with fewer poses that are held longer

Stretch & Restore: Improves flexibility and posture with deep, slow stretches that promote relaxation and stress reduction

STRENGTH + CARDIO SWEAT SESSIONS

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

Boot Camp Challenge: Combines muscle conditioning exercises with athletic and cardio drills to build muscular endurance and strength

HIIT Strength: Alternates intervals of weighted strength and bodyweight cardio to increase muscular strength and cardiovascular endurance

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

BODY ATTACK by Les Mills: Combines athletic movements like running, lunging and jumping with bodyweight strength exercises for a whole body workout to build stamina and improve agility

STRENGTH-FOCUSED FORAYS

Body Sculpt: Works the major muscle groups using a variety of equipment, body weight exercises, and daily functional movements

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

BODY PUMP by Les Mills: Utilizes light to moderate weight with high repetitions to develop lean, athletic muscle for a full-body workout

SHAPES by Les Mills: Combines elements of Pilates, Barre, and Power Yoga in a low-impact, high-intensity workout that sculpts and strengthens the entire body

STRENGTH DEVELOPMENT by Les Mills: Incorporates low reps of controlled movements using heavier weights with a heightened focus on form for maximum muscle engagement to increase full body strength

Athletic Abs & Power Glutes: Uses body weight and a wide range of equipment for focused strength-building in the abs and glute muscles

Iron Abs & Arms: Builds strength in the upper body and abs using body weight work and a variety of equipment

Princeton Club West Cycle Classes

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

Princeton Club West Aqua Classes

Water-based exercises provide low impact on the joints and high resistance for muscle strengthening and cardio conditioning.

Upon arrival for class, please check the whiteboard near the aquatic equipment room for the instructor's name and equipment to be used for class.

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 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

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

WATERinMOTION®: Tightens and tones the entire body with high energy, low impact movement in a dynamic, choreographed cardiovascular workout set to music