

Princeton Club Fitchburg Group Exercise Class Descriptions

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

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

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

Turn Up: Works your entire body in a high energy interval training 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