

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

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 enhanced by lights that includes a mid-ride off-bike resistance band/light weight 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

Rhythm Rotation: Features various Rhythm formats (beat-based, light-enhanced exhilarating rides including speed, power, and movement challenges) led by a rotating crew of instructors

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