

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 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

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

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

Deep Water Aqua Bootcamp: An intense deep-water class that incorporates cardiovascular fitness, core strengthening and toning. Get strong in this deep water class. Wear a flotation belt and experience all of the benefits of a great water workout without the impact.

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