

## 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 Cardio Kickboxing:** Employs the water's resistance to level up punches and kicks in this high intensity, kickboxing-inspired 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

**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 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 Zumba:** Motivates with international Zumba rhythms and dance steps in the pool to offer a fun but challenging, water-based, body-toning workout

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

### West Aqua Fitness Schedule :: Effective June 8, 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Strength & Cardio	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Strength & Cardio	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Hi-Lo
9:00-9:55am Aqua HIIT	9:05-10:00am 	9:05-10:00am Aqua Bootcamp	9:05-10:00am Aqua HIIT	9:05-10:00am 	9:05-10:00am Aqua Strength & Cardio	9:05-10:00am Aqua Strength & Cardio
1:00-3:00pm Family Swim	6:00-6:55pm Aqua Cardio Kickboxing		6:00-6:55pm Aqua Bootcamp	6:00-6:55pm Aqua Zumba		10:00-12:00pm Family Swim

- \* Please register for all Group Exercise classes - walk-ins are allowed *only if room remains in the class*
  - > Please see the instructor prior to setting up for class to check availability
  - >> Registration for each class opens 49 hours prior to class start time
- \* Arrive 10-15 minutes prior to class start to allow time for equipment set-up
- \* Yoga participants may bring their own mats, but we also provide mats
- \* Water shoes are recommended for Water classes

Two ways to register for classes:

- 1) To see the **full week of classes + instructor names:** visit [www.princetonclub.net](http://www.princetonclub.net) or scan the QR code
  - > Click REGISTER FOR CLASSES at the top of the Class Schedule
  - >> On your first visit, you will set up your account and be all set to register for classes
- 2) To view **daily classes + register:** use the Princeton Club app -- search by Location (West) & Class Name

QUESTIONS? Contact **Erin Esbeck, Group Exercise Director:** [erin.esbeck@princetonclub.net](mailto:erin.esbeck@princetonclub.net)  
**Andrea Novotney, Water Fitness Director:** [andrea.novotney@princetonclub.net](mailto:andrea.novotney@princetonclub.net)

We look forward to welcoming you to our PCW Group Fitness Community!

