

## Fitchburg Cycle Schedule

To reserve your spot, registration is required beginning 49 hours prior. \*\*Must be 12+ to attend all group classes\*\*

| SUNDAY                    | MONDAY                                  | TUESDAY                                  | WEDNESDAY                               | THURSDAY                                   | FRIDAY                                     | SATURDAY                       |
|---------------------------|---|--|---|--|--|--------------------------------|
|                           | 5:30-6:15am<br><b>LES MILLS<br/>RPM</b> |  | 5:30-6:15am<br>RhythmBurn               |  | 5:30-6:15am<br><b>LES MILLS<br/>RPM</b>    |                                |
| 9:00-9:45am<br>RhythmBurn |   | 9:15-10:00am<br><b>LES MILLS<br/>RPM</b> | 9:00-9:45am<br>RhythmReps               | 8:00-8:30am<br><b>LES MILLS<br/>sprint</b> | 8:15-8:45am<br><b>LES MILLS<br/>sprint</b> | 8:15-9:00am<br>Rhythm Rotation |
| 4:15-5:00pm<br>Cyclub     |   |  |   |  |  |                                |
|                           | 5:30-6:15pm<br><b>LES MILLS<br/>RPM</b> | 5:30-6:15pm<br>RhythmBurn                | 5:30-6:15pm<br><b>LES MILLS<br/>RPM</b> |  |  |                                |

## Fitchburg Mind/Body Schedule

To reserve your spot, registration is required beginning 49 hours prior. \*\*Must be 12+ to attend all group classes\*\*

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY                              | THURSDAY  | FRIDAY  | SATURDAY                 |
|--|---|---|--|---|---|--------------------------|
|  |   |   | 6:30-7:30am<br>Flow Yoga               |   | 5:30-6:30am<br><b>LES MILLS<br/>BODYBALANCE</b> |                          |
|  | 8:15-9:15am<br>Flow Yoga                        | 8:15-9:00am<br>Mat Pilates                        | 8:15-9:15am<br>Flow Yoga               | 8:15-9:00am<br>Yoga Core                          | 8:15-9:15am<br>Flow Yoga                        | 8:00-9:15am<br>Flow Yoga |
| 9:30-10:30am<br><b>LES MILLS<br/>BODYBALANCE</b> |   | 9:30-10:30am<br>Yin Yoga                          | 9:30-10:30am<br>Flow Yoga              | 9:30-10:30am<br>Yin Yoga                          | 9:30-10:30am<br>Yin Yoga                        | 9:30-10:30am<br>Yin Yoga |
| 10:45-11:45am<br>Stretch & Restore               | 10:30-11:30am<br>Flow Yoga                      | 10:45-11:45am<br><b>LES MILLS<br/>BODYBALANCE</b> |  | 10:45-11:45am<br><b>LES MILLS<br/>BODYBALANCE</b> |   |                          |
|  | 5:00-6:00pm<br>Flow Yoga                        | 4:15-5:15pm<br>Gentle Flow Yoga                   | 5:15-6:15pm<br>Power Yoga<br>& Stretch | 5:15-6:15pm<br>Yoga Core                          |   |                          |
|  | 6:30-7:30pm<br><b>LES MILLS<br/>BODYBALANCE</b> | 5:30-6:30pm<br>Yin Yoga                           | 6:30-7:30pm<br>Yin Yoga                | 6:30-7:30pm<br><b>LES MILLS<br/>BODYBALANCE</b>   |   |                          |

## Fitchburg Aqua Fitness Schedule

To reserve your spot, registration is required beginning 49 hours prior. \*\*Must be 12+ to attend all group classes\*\*

| SUNDAY | MONDAY                                     | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   | SATURDAY                 |
|--------|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|        | 8:25-9:20am<br>Deep Water Aqua<br>Bootcamp |                          |                          |                          |                          |                          |
|        | 9:30-10:25am<br>Aqua Fit                   | 9:30-10:25am<br>Aqua Fit | 9:30-10:25am<br>Aqua Fit | 9:30-10:25am<br>Aqua Fit | 9:30-10:25am<br>Aqua Fit | 9:30-10:25am<br>Aqua Fit |

## Instructions for Class Registration

### Download the Princeton Club App

- Enter your username (this is your email address)
- Click "Club location" (Fitchburg), then click "Classes"
- Select the class you'd like to attend
- Click "Sign Up"

### To Access Club Automation:

- Go to [princetonclub.clubautomation.com](http://princetonclub.clubautomation.com)
- Click "Access My Account" (bottom left blue button)
- Type first name, last name & email address
- Click the link in the email sent to your inbox
- Fill in required fields and create a password