

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 LES MILLS RPM		5:30-6:15am RhythmBurn		5:30-6:15am LES MILLS RPM	
9:00-9:45am RhythmBurn		9:15-10:00am LES MILLS RPM		8:00-8:30am LES MILLS sprint	8:15-8:45am LES MILLS sprint	8:15-9:00am Rhythm Rotation
	5:30-6:15pm LES MILLS RPM	5:30-6:15pm RhythmBurn	5:30-6:15pm LES MILLS RPM			

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 Flow Yoga		5:30-6:30am LES MILLS BODYBALANCE	
	8:15-9:15am Flow Yoga	8:15-9:00am Mat Pilates	8:15-9:15am Flow Yoga	8:15-9:00am Yoga Core	8:15-9:15am Flow Yoga	8:00-9:15am Flow Yoga
9:30-10:30am LES MILLS BODYBALANCE		9:30-10:30am Yin Yoga	9:30-10:30am Flow Yoga	9:30-10:30am Yin Yoga	9:30-10:30am Yin Yoga	9:30-10:30am Yin Yoga
10:45-11:45am Stretch & Restore	10:30-11:30am Flow Yoga	10:45-11:45am LES MILLS BODYBALANCE		10:45-11:45am LES MILLS BODYBALANCE		
	5:00-6:00pm Flow Yoga	4:15-5:15pm Gentle Flow Yoga	5:15-6:15pm Power Yoga & Stretch	5:15-6:15pm Yoga Core		
	6:30-7:30pm LES MILLS BODYBALANCE	5:30-6:30pm Yin Yoga	6:30-7:30pm Yin Yoga	6:30-7:30pm LES MILLS BODYBALANCE		

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 Deep Water Aqua Bootcamp					
	9:30-10:25am Aqua Fit	9:30-10:25am Aqua Fit	9:30-10:25am Aqua Fit	9:30-10:25am Aqua Fit	9:30-10:25am Aqua Fit	9:30-10:25am 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
- 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