

Princeton Club West Group Exercise Classes by Category -- Fall 2025

CREATIVE CARDIO

CardioCore Fusion: Offers cardio and core work using a variety of equipment and bodyweight exercises of varying intensities to improve cardiorespiratory fitness, muscle tone, and core stability

BODY ATTACK by Les Mills: Combines athletic movements like running, lunging and jumping with bodyweight strength exercises for a whole body workout to build stamina and improve agility

BODY COMBAT by Les Mills: Incorporates Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu in a high-energy, non-contact workout

Turbo Kick *FALL FAREWELL TOUR*: Mixes kickboxing, dance, and martial arts in a fun, high-energy workout set to motivating music

All formats in **DANCE-Y PARTIES**

DANCE-Y PARTIES

Cardio Dance: Combines pop and Latin music with easy-to-follow dance steps that allow participants to move at their own pace

WERQ: Builds cardiovascular endurance and inspires participants to WERQ up a sweat on the floor dancing to today's top pop, rock and hip-hop hits

BollyX: Alternates between high and low intensity Bollywood-inspired dance routines - for all ages & abilities - set to upbeat music from around the world

Turbo Kick *FALL FAREWELL TOUR*: Mixes kickboxing, dance & martial arts in a fun, high-energy workout set to motivating music

ZUMBA: Combines choreographed dance moves with simplified foot work and body movements set to high-energy music, including Latin and world rhythms

ZUMBA GOLD: Offers a lower intensity version of Zumba, designed to meet the needs of seniors

STRENGTH + CARDIO SWEAT SESSIONS

FIT 20/20: Combines 20 minutes of fun, easy-to-follow cardio with 20 minutes of light strength exercises and a relaxing stretch combination to finish

Boot Camp Challenge: Combines muscle conditioning exercises with athletic and cardio drills to build muscular endurance and strength

HIIT Strength: Alternates intervals of weighted strength and bodyweight cardio to increase muscular strength and cardiovascular endurance

GRIT by Les Mills: Builds strength & lean muscle in the major muscle groups with high intensity exercises using barbells, weight plates & body weight

BODY ATTACK by Les Mills: Combines athletic movements like running, lunging and jumping with bodyweight strength exercises for a whole body workout to build stamina and improve agility

POPULAR WITH OUR LEGENDS

Body Sculpt: Works the major muscle groups using a variety of equipment, body weight exercises, and daily functional movements

Tabata Strength: Alternates timed strength intervals using a variety of equipment with short periods of recovery in a full-body workout adaptable to all fitness levels and abilities

FIT 20/20: Combines 20 minutes of fun, easy-to-follow cardio with 20 minutes of light strength exercises and a relaxing stretch combination to finish

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

Cardio Dance: Combines pop and Latin music with easy-to-follow dance steps that allow participants to move at their own pace

ZUMBA GOLD: Offers a lower intensity version of traditional Zumba dance choreography designed to meet the needs of seniors

Stretch & Restore: Improves flexibility and posture with deep, slow stretches that promote relaxation and stress reduction

MIND/BODY CONNECTIONS

Mat Pilates: Improves posture, flexibility and balance while strengthening the entire core

PiYo *FALL FAREWELL TOUR*: Combines the muscle-sculpting, core-firming elements of Pilates with the strength and flexibility of Yoga in a high-energy, low impact workout

SHAPES by Les Mills: Combines elements of Pilates, Barre, and Power Yoga in a low-impact, high-intensity workout that sculpts and strengthens the entire body

Stretch & Restore: Improves flexibility and posture with deep, slow stretches that promote relaxation and stress reduction

Slow Flow Yoga: Links breath to movement in slower paced Vinyasa Yoga sequences with fewer poses held longer

Flow/Flow30 Yoga: Links breath to movement in flowing, Vinyasa Yoga sequences focused on alignment

Power Flow: Uses energetic patterns of movement and dynamic sequences set to music to discover strength & mobility and build balance & confidence

Power Stretch: Progresses through a creative series of stretches from mat to standing, promoting increased mobility and flexibility

STRENGTH-FOCUSED FORAYS

Body Sculpt: Works the major muscle groups using a variety of equipment, body weight exercises, and daily functional movements

Tabata Strength: Alternates timed strength intervals using a variety of equipment with short periods of recovery in a full-body workout adaptable to all fitness levels and abilities

BODY PUMP by Les Mills: Utilizes light to moderate weight with high repetitions to develop lean, athletic muscle for a full-body workout

SHAPES by Les Mills: Combines elements of Pilates, Barre, and Power Yoga in a low-impact, high-intensity workout that sculpts and strengthens the entire body

STRENGTH DEVELOPMENT by Les Mills: Incorporates low reps of controlled movements using heavier weights with a heightened focus on form for maximum muscle engagement to increase full body strength

Athletic Abs & Power Glutes: Uses body weight and a wide range of equipment for focused strength-building in the abs and glute muscles

Iron Abs & Arms: Builds strength in the upper body and abs using body weight work and a variety of equipment

We're thrilled to welcome you to the PC West Group Exercise Community! All classes are inclusive - your instructors look forward to working with you as you continue on your fitness/wellness journey!