

## Princeton Club West Group Exercise Classes by Category -- Spring 2026

### 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:** Mixes kickboxing, dance, and martial arts in a fun, high-energy workout set to motivating music

All formats in **DANCE-Y PARTIES**

### POPULAR WITH OUR LEGENDS

**Fit For Life:** Utilizes functional movement patterns designed to help 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

**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

**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

**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

### 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:** 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

### MIND-BODY CONNECTIONS

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

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

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

**Gentle Yoga:** Uses accessible, meditative movement to improve mobility & flexibility, ease tension, rejuvenate the body, and inspire mental clarity for overall wellness

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

**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

**Power Yoga:** Connects breath with mindful movement in a dynamic style with an emphasis on building stamina, core strength, flexibility, and balance

**Power Flow:** Uses energetic patterns of movement and dynamic sequences to explore 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 + 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

### 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

**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

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

**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 bodyweight and a wide range of equipment for focused strength-building in the abs and glutes

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