

Princeton Club Fitchburg Group Exercise Class Descriptions

Boot Camp: Combines muscle conditioning exercises with athletic and cardio drills to challenge muscular endurance and anaerobic capacity

Circuit Training: Improves muscular strength and endurance through a series of moderate intensity exercises utilizing equipment and body weight

Fit For Life: Utilizes functional movement patterns designed to help older adults maintain muscle, improve bone density and balance, and care for joints

Hip Hop: Incorporates Hip Hop moves into a high energy workout that improves flexibility, balance and coordination

Les Mills BODY COMBAT: Incorporates moves from numerous martial arts disciplines in a high-energy, non-contact workout

Les Mills BODY Jam: A high-energy dance workout set to the hottest music. Athletic moves meet easy-to-follow choreography for a fun, confidence-boosting workout

Les Mills BODY PUMP: Utilizes light-to-moderate weight with high repetitions to develop lean, athletic muscle while burning calories

Les Mills BODY STEP: Combines upbeat, rhythmic stepping with squat and lunge patterns to work the legs, burpees, push ups, and weight plate exercises

Les Mills CORE: Uses body weight, free weights and resistance tubing to tighten and tone the midsection, challenge balance and improve strength and coordination

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

Les Mills STRENGTH DEVELOPMENT: Utilizes higher weight and lower repetition of controlled, deliberate movement for maximum muscle engagement and strength development

Les Mills THRIVE: Low impact workout focusing on lower body and core strength, flexibility, and balance

Turn Up: Works your entire body in a high energy interval training dance workout

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