








## Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>5:30 am</b> LES MILLS <b>BODYPUMP</b> 45 min. Laurie	<b>5:30 am</b> Strength Development 45 min. Laurie	<b>5:30 am</b> LES MILLS <b>BODYPUMP</b> 45 min. Craig	<b>5:45 am</b> <b>BARRE sculpt</b> 45 min. Wendy	<b>5:30 am</b> LES MILLS <b>BODYPUMP</b> 45 min. Laurie	
						<b>8:00 am</b> LES MILLS <b>BODYPUMP</b> 55 min. Jennifer
<b>8:45am</b> <b>20/15/10</b> <b>-TONE</b> 45 min. Rotation	<b>8:45 am</b> LES MILLS <b>BODYPUMP</b> 55 min. Megan	<b>8:45 am</b> LES MILLS <b>BODYCOMBAT</b> 30 min. Amy S	<b>8:45am</b> LES MILLS <b>BODYPUMP</b> 55min. Sarynn	<b>8:45 am</b> LES MILLS <b>tone</b> 50 min. Amy S	<b>8:30 am</b> Strength Development 45 min. Hattie	<b>8:00am</b> Boot Camp: -GYM 55 min. Rotation
<b>9:45am</b> <b>NEW</b> <b>Flow Yoga</b> 45min. Norma		<b>9:15 am</b> <b>HARD</b> <b>CORE</b> 30 min. Amy S			<b>9:20 am</b> LES MILLS Shapes 45 min. Sarynn	<b>9:05am</b> Body Sculpt 55 min. Kelly O.
	<b>10:00 am</b> <b>PILATES</b> 55 min. Karen	<b>10:00 am</b>  <b>ZUMBA</b> 45 min. Emma	<b>10:00 am</b> <b>PILATES</b> 55 min. Karen/Nina	<b>9:45 am</b> <b>ZUMBA</b> gold 55 min. Kristin	<b>10:15 am</b> <b>Fit For Life</b> 45 min. Kat	<b>10:05 am</b> <b>Flow Yoga</b> 45 min. Amanda
<b>11:00 am</b> Strength Development 45 min. Christina	<b>11:00 am</b> <b>Fit For Life</b> 55 min. Karen	<b>11:00 am</b> <b>Yoga Flow</b> 55 min. Brenda	<b>11:00 am</b> <b>Fit For Life</b> 55 min. Karen / Nina	<b>11:00 am</b> <b>Gentle Yoga</b> 55 min. Brenda	<b>11:10 am</b> <b>GROOVE</b> Dance 45 min. Gaylene	<b>11:00 am</b> <b>WERQ</b> 55 min. Rotation
					<b>12:00 pm</b> LES MILLS <b>BODYPUMP</b> 55 min. Rotation	
	<b>4:00 pm</b> LES MILLS <b>BODYPUMP</b> 55 min. Jenn G		<b>4:00 pm</b> LES MILLS <b>BODYPUMP</b> 45 min. Valerie			
<b>4:15 pm</b> LES MILLS <b>BODYPUMP</b> 55 min. EmilyJo		<b>4:30 pm</b> Body Sculpt 45 min. Elena	<b>5:00 pm</b> LES MILLS <b>CORE</b> 30 min. Valerie	<b>4:30pm</b> Body Sculpt 45 min. Kelly O.	<b>4:45pm</b> Strength Development 45 min. Amanda	
<b>5:20 pm</b> LES MILLS <b>BODYBALANCE</b> 55 min. EmilyJo	<b>5:15 pm</b> LES MILLS <b>GRIT/CORE</b> Hybrid 45 min. Jen S.	<b>5:15 pm</b> <b>PILATES</b> 45 min. Kelly	<b>5:30 pm</b> LES MILLS <b>GRIT</b> 30 min. Valerie	<b>5:15 pm</b> LES MILLS <b>BODYCOMBAT</b> 45 min. Sarynn	(PumpHEAVY every 3rd week of every month!)	
	<b>6:00 pm</b> LES MILLS <b>BODYPUMP</b> 55min. Jen	<b>6:05 pm</b> LES MILLS <b>tone</b> 50 min. Sarynn	<b>6:00 pm</b> Strength Development 45min. Jen	<b>6:05 pm</b> <b>NEW!</b> <b>WERQ</b> 45 min. Jesus		
	<b>7:00 pm</b> Turn Up/ <b>WERQ</b> 55 min. Rotation	<b>7:00 pm</b>  Turn Up 55 min. Alison	<b>7:00 pm</b> LES MILLS <b>BODYBALANCE</b> 55 min. EmilyJo	<b>NEW TIME</b> <b>7:00 pm</b> Yoga's <b>STRETCH</b> <b>+ RESTORE</b> 55 min. Chris		

### Princeton Club Webpage

To view our full Group Ex & Water schedule (including instructor names) and register for classes: visit our website, click Classes, choose Princeton Club -East and register from our schedule page

### Princeton Club App

To view daily classes offered and register from your mobile device: use the Princeton Club App.

(Online registration prior to class is recommended to reserve your space and equipment)