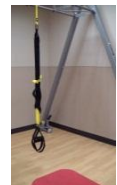
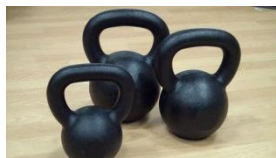


# 30 MINUTE SMALL GROUP TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>10:00 am</b> <b>GET UP AND GOLF</b> John B Studio 2	<b>6 am</b> <b>JUMPROPE</b> <b>CIRCUIT</b> John B Studio 2		
			<b>5:30 pm</b> <b>BOTTOMS UP</b> Devon Studio 4	<b>12:15 pm</b> <b>ViPR VENDETTA</b> Renal Studio 3		
	<b>7:00 pm</b> <b>RUN FOR YOUR LIFE</b> Mike Treadmills		<b>7:00 pm</b> <b>RUN FOR YOUR LIFE</b> Mike Treadmills			



For more information, please contact Sharon Casper, Fitness Manager:  
[sharonc@fitnessandwellness.org](mailto:sharonc@fitnessandwellness.org)

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## ACTIVITY SPECIFIC

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**Run for your Life**—A class for runners . beginning to advanced, who want to improve their running skills. A great class if you want to run on our team for the Run with Rotary 5K in April or the Princeton Healthcare System 5 mile race in September.

**Bottoms Up** - Focus on glutes, core and lower body exercises. It's the perfect workout if you want to bring bootie back.

**ViPR Vendetta** – Learn the ways of our newest multifunctional piece of equipment . The ViPR, in conjunction with the agility ladder, Kettlebells and anything else Renal chooses for this challenging workout.

**Golf** – John Burns, level 2 certified Titleist Performance Institute Trainer will show you stretches and exercises to improve your golf game just in time for spring.

**Jump Rope Circuit** . This High Intensity Interval Training class uses jump ropes and more to get you moving in the morning.

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## GUIDELINES FOR SMALL GROUP TRAINING

Classes are first come, first served. We can only accommodate 6 people per class time offering. Members have the option to reserve a spot; however if they do not provide 24 hour notice then they forfeit that session and will be charged accordingly. All sessions start and end at the designated time. If a member is late for a session, the session will still end at the designated time. All classes run for 1 hour. All sessions expire three months from purchase date.

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