

THURSDAY

STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
9:00 - 10:00 Step Laurie D.	5:45 - 6:45 Boxing Pat			
10:00 - 11:00 Balance & Movement Adele	8:30 - 9:30 Barefoot Bootcamp Linda	9:30 - 10:45 Gentle Yoga Ruth	9:30 - 10:30 Cycle Margaret	8:15 - 9:15 Cardio Tone Steve ***
ZUMBA Larisa / 11:00 - 12:00	LES MILLS GXWORX Rhonda/ 9:30 - 10:00	11:00 - 12:15 Tai Chi (ALL LEVELS) Moshe		11:30 - 12:30 Aqua Arthritis Lawan
	LES MILLS BODYPUMP Rhonda/ 10:00			12:40 - 1:40 Aqua Arthritis Lawan
	11:00 - 12:00 Chair Yoga /Wendy			
LES MILLS BODYVIVE 5:45-6:45/Amanda	5:00 - 6:00 R.I.P.P.E.D. Laurie S.	4:15 - 5:45 STUDIO RESERVED	5:30 - 6:30 Cycle Sarah	Swim Team 6pm - 7pm***
ZUMBA/BACHATA Tanya/ 6:45 - 8:00	6:00 - 7:00 Step Roger	6:00 - 7:15 Power Yoga/Ruth	6:45 - 9:15 INSTRUCTOR WORKSHOP Nancy 6/18 ONLY	*** Indicates a class in the lap pool
LES MILLS BODYCOMBAT Christina S. 8:00	LES MILLS BODYPUMP Tamara/ 7:00 - 8:00	7:30 - 8:30 Beginner Yoga Aya		
		8:30-9:30 RESERVED		

FRIDAY

	8:45 Express Danielle LES MILLS BODYCOMBAT	7:00 - 8:00 Vinyasa Yoga Valerie	5:45 - 6:45 Cycle Mike	*** Indicates a class in the lap pool
9:30-10:30 LES MILLS BODYSTEP Sandi	LES MILLS BODYPUMP Danielle/9:30-10:30	8:30 - 9:30 Vbarre™ Sandi		8:15 - 9:15 Cardio Tone Steve***
10:30 - 11:30 Bollywood Dance Uma	10:30 - 11:30 Strength & Definition Roger	9:30 - 10:30 Pilates Deb W.		9:15 - 10:00 Aqua Sculpt Roger
11:45 - 12:45 LaBlast Giancarla		Sandi / 10:30 - 11:30 LES MILLS BODYFLOW	12:00 - 1:00 Cycle Blair	10:00 - 11:00 Aqua Lite Dance Karen
4:00 - 5:00 Bellydance Vin		12:00 - 1:15 Gentle Yoga Raji	5:30 - 6:30 Cycle Laurie D.	11:00 - 11:45 ABC Karen
5:00 Cat /Christina LES MILLS BODYJAM	5:00 - 6:00 PIYO Rhonda/Beth	NEW	AQUA, BALANCE & CORE	
6:00 - 7:00 Zumba Maria	Allison / 6:00 - 7:00 LES MILLS BODYPUMP	4:30 - 6:45 STUDIO RESERVED		Swim Team 6pm - 8pm***
7:00 - 8:00 RIPPED Laurie/NEW		7:00 - 8:15 Restorative Yoga Linda T. /Limit 15	GREAT WAY TO END THE WEEK WITH THIS CLASS; PICK UP TICKET AT FRONT DESK	

SATURDAY

Arturo 9:00 - 10:00 LES MILLS BODYJAM		8:00 - 9:15 Hatha Yoga Valerie	7:30 - 8:30 Cycle Colleen	9:00 - 9:45 Cardio Tone Mari-Celeste***
LES MILLS BODYVIVE Christina/Cat 10:00	AI/ 8:45 - 9:45 LES MILLS BODYPUMP	10:00 - 11:20 Gentle Yoga Donna	8:45 - 9:45 INTRO TO CYCLE Colleen 6/13 ONLY	9:45 - 10:30 Aqua Tone Mari-Celeste
Zumba For Beginners Larisa/ 11-12:00	10:00 - 11:15 Boxing Pat	11:30 - 12:30 Pilates Val B.	10:00 - 11:00 Cycle Laurie D.	Parent & Me 10:30 - 11:00am 11:00 - 11:30am
12:00 - 12:30/ Larisa NEW LES MILLS GXWORX	11:15 - 12:15 Cat L. LES MILLS BODYCOMBAT	1:00 - 2:00 Foldenkrals Jaclyn/ Ruth/ Nancy		Swim Team 12:00-2:00pm***
Zumba 12:30 Maribel		2:00 - 3:30 MELT WORKSHOP FOR HELP WITH LOW BACK PAIN Alida / 6/20 ONLY	SPECIAL MELT WORKSHOP 'HOW TO HELP WITH LOW BACK PAIN' \$30/MEMBER; \$35/NON-MEMBER; REGISTER & PAY AT FRONT DESK; LIMIT TO 15 PARTICIPANTS	Family Swim 3:00 - 5:00pm***

SUNDAY

8:00 -9:00 /Joe SPECIAL OUTDOOR BOOTCAMP 6/21 ONLY	8:00 - 9:00 CoreBar AI - MAX 28	8:30 - 9:45 Power Yoga Del	8:30 - 9:30 Cycle Adonis	*** Indicates a class in the lap pool
9:00 -10:00 NIA / Susan	9:00 - 10:00 /AI LES MILLS BODYPUMP	10:00 - 11:00 Gentle Pilates Phil	10:00 - 11:00 Cycle Adonis	
10:00 -11:00 ZUMBA Noelle	10:05 - 10:30 Express Stretch Del	11:10 - 12:10 / Ruth LES MILLS BODYFLOW		9:30 - 10:30 Aqua Sculpt Roger
LES MILLS BODYVIVE Cat/Christina / 11:00 - 12:00	10:30 - 11:30 Burn Firm & Core Laurie D.	12:30 - 1:45 Restorative Yoga Robin/limit to 15; Need ticket from front desk	SPECIAL FATHER'S DAY OUTDOOR BOOTCAMP CLASS ON 6/21 WITH JOE. MEET IN FRONT ENTRANCE. IF INCLEMENT WEATHER, CLASS WILL BE HELD IN STUDIO 1	11:00 -12:00 Aqua Dance Anu***
12:30 - 1:30 ZUMBA Laurie S.	11:30 - 12:30 Laurie D. Step - Mixed Level	2:00 - 2:45 SPECIAL LAUGHTER YOGA ON 6/14 ONLY NO SIGNUP NEEDED		Family Swim 3:00 - 5:00pm***

Princeton Fitness & Wellness Center At Plainsboro

Hours: Monday - Friday, 5am - 11pm/ Saturday and Sunday 7am - 7pm

Childcare Hours: Weekdays 8:30am-2pm/ 2:30pm-8:30pm / Weekends 8am-3pm

* Please do no enter a studio 5 minutes after class has begun. Safety for you and others;

* Classes and instructors are subject to change.

* Please pick up a cycle ticket at the front desk up to one hour before class.

* Please refrain from using your mobile devices in fitness studios.

* Sign up for Group Fitness Emails at the front desk!