

	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
THURSDAY	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 CXWORX Rhonda/ 9:30 - 10:00	11:00 - 12:15 Tai Chi (ALL LEVELS) Moshe		10:15 - 11:15 Aqua Dance Anu ***
	1:00 - 2:00 Parkinson's Dance Program Fee Based - Open to public	LES MILLS BODYPUMP Rhonda/ 10:00			11:30 - 12:30 Aqua Arthritis
		11:00 - 12:00 Chair Yoga/Wendy	FORMAT CHANGE		Lawan
		LES MILLS BODYPUMP Bob 12:15 - 1:15			12:40 - 1:40 Aqua Arthritis Lawan
	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 - 7:45 INTRO TO CYCLE Sarah 5/7 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 Hillary/Aya	SPECIAL	
			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	12:15 - 1:15 Piloxing Val	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 Beth/Rhonda	NEW	AQUA, BALANCE & CORE	
	6:00 - 7:00 Zumba Laurie	Allison / 6:00 - 7:00 LES MILLS BODYPUMP	4:30 - 6:45 STUDIO RESERVED		
	7:00 - 8:00 RIPPED Laurie/Starts 5/8 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	
	8:15-9 Mother/Child Hula Hoop on 5/9 ONLY; 9:00 - 10:00 BodyJam Arturo	8:00 - 8:45 NUTRITION LECTURE 5/9 ONLY, NO SIGNUP	8:00 - 9:15 Hatha Yoga Valerie		7:30 - 8:30 Cycle Colleen
	LES MILLS BODYVIVE Christina/Cat 10:00	LES MILLS BODYPUMP Al/ 8:45 - 9:45	10:00 - 11:20 Gentle Yoga Donna	8:45 - 9:45 Cycle / MAY ONLY Laurie D.	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 Advanced 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 CXWORX	11:15 - 12:15 Cat L. LES MILLS BODYCOMBAT		MOTHER'S DAY WEEKEND - SPECIAL NUTRITION LECTURE AT 8AM ON 5/9; HOW TO PREPARE A HEALTHY BRUNCH; 8:15AM MOTHER/CHILD HULA HOOP AGE 8+ LIMIT 20	Swim Team 12:00-2:00pm***	
Zumba 12:30 Theresa/Maribel	12:30 - 1:30 Drums Alive Special Demo - LIMIT 30 Rhonda 5/9 ONLY	1:00 - 2:00 Feldenkrais Jaclyn/ Ruth/ Nancy		Family Swim 3:00 - 5:00pm***	
2:00 - 3:00 Ballroom Dance/Del					
SATURDAY	9:00 - 10:00 Nia Susan	8:00 - 9:00 CoreBar Al - MAX 28	8:30 - 9:45 Power Yoga Del	8:30 - 9:30 Cycle Adonis	*** Indicates a class in the lap pool
	ZUMBA Noelle/ 10:00 - 11:00	9:00 - 10:00 /Al LES MILLS BODYPUMP	10:00 - 11:00 Gentle Pilates Phil	9:35 - 10:00 Mother/Child Cycle/Stretch Adonis 5/10 ONLY	AGE 10+, 48" TALL
	Tabata / NEW Christine 11-11:30	10:05 - 10:30 Express Stretch Del	11:10 - 12:10 / Ruth LES MILLS BODYFLOW	10:00 - 11:00 Cycle Adonis	9:30 - 10:30 Aqua Sculpt Roger
	LES MILLS BODYVIVE Cat/Christina / 11:30 - 12:30	10:30 - 11:30 Burn Firm & Core Laurie D.	12:30 - 1:45 Restorative Yoga Robin/limit to 15; Need ticket from front desk	MOTHER'S DAY FAMILY ZUMBA AT 10AM; BRING YOUR CHILD TO CLASS AGES 6+; SPECIAL CYCLE AND STRETCH CLASS FOR MOTHER/CHILD; 30 MINUTES ON THE BIKE AND 30 MINUTES IN STUDIO 2 WITH DEL FOR STRETCH	11:00 - 12:00 Aqua Dance Anu***
12:30 - 1:30 ZUMBA Laurie S.	11:30 - 12:30 Laurie D. Step - Mixed Level 12:30 Drums Alive Demo class 5/17 ONLY	SPECIAL! FUN FUN FUN	Family Swim 3:00 - 5:00pm***		
SUNDAY					

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 not 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!