

Princeton Fitness and Wellness Center at Plainsboro

Group Exercise Schedule

Effective January 4th

MONDAY	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
		FORMAT CHANGE		5:45 - 6:45 Cycle Adonis	*** Indicates a class in the lap pool
	9:30 - 10:30 Step Roger	Patti/9:00 - 10:00 LES MILLS BODYPUMP	9:30 - 10:30 LES MILLS BODYFLOW Sandi		8:15 - 9:15 Cardio Sculpt Steve***
	LES MILLS BODYVIVE Amanda/ 10:30	10:00 - 11:00 Balance & Movement Adele	10:30 - 11:30 Hatha Yoga Zoo	HAPPY NEW YEAR! WELCOME NEW MEMBERS TO GROUP FITNESS!	9:15 - 10:15 Aqua Sculpt Steve
	11:30 - 12:30 Zumba Gold Kim				Physical Therapy 12noon - 1:30pm FOR UMCP PATIENTS ONLY
	1:00 - 2:00 RESERVED	LES MILLS BODYPUMP 12:00 / Donna			
		4:15 - 5:45 Studio Reserved	2:30 - 3:30 Gentle Yoga Raji	INSTRUCTOR CHANGE	
	LES MILLS BODYVIVE Amanda/ 6:00	6:00 - 7:00 Boxing Pat	5:00 -6:00 Toning at the Bar Sandi	5:30 - 6:30 Cycle Howie	
	ZUMBA Vin/ 7:00 - 8:00	7:00 -8:00 I.T. (Interval training) Pat	6:15 - 7:15 Studio Reserved		
	Hip Hop (all levels) Derrick 8:00 - 9:00	8:00 - 9:00 Feldenkrais Jaclyn	7:30 - 8:30 Alignment Yoga Joni	PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED; THIS IS FOR YOUR SAFETY. THANK YOU.	
			5:45 - 6:45 Vinyasa Yoga Linda F.	NEW! STARTS 1/12	*** Indicates a class in the lap pool
	9:30 - 10:00 X-Press ABS Laurie D.	9:00 - 10:00 Boxing Circuit Val		9:30 - 10:30 Cycle Nancy M./ January	8:30 - 9:15 Cardio Tone Steve ***
TUESDAY	ZUMBA Laurie D/ 10:00 - 11:00	10:00 - 11:00 Hatha Yoga Del	PLS BRING HANDWRAPS; OR \$5 TO BUY	INSTRUCTOR CHANGE STARTS 1/12	9:15 - 10:15 Aqua Sculpt Steve
	11:00 - 12:00 Chair Yoga Shanti/ 1/12 onwards	11:00 - 11:15 Meditation Del			11:30 - 12:30 Aqua Arthritis Lawan
	Ballroom Dance moved to Friday at 11:30	5-5:15 X-Press ABS 5:15 - 6:00 Tabata Pat			
	5:00 - 6:00 Piloxing Linda	45 MINUTE CLASS	4:15 - 5:45 STUDIO RESERVED	5:30 - 6:30 Cycle Adele	5:15 - 6:00 Aqua Tone Tamara
	6:00 - 7:00 Step N'Tone Roger		6:00 - 7:00 Pilates Phil		
	7:00 - 8:00 /Christine LES MILLS BODYCOMBAT	LES MILLS BODYPUMP Meredith/ 7:00 - 8:00	7:15 - 8:15 Vinyasa Yoga Ruth	7:00 - 8:00 Cycle Ladan	Swim Team 6pm - 8pm***
	ZUMBA 8:00/Pam	INSTRUCTOR CHANGE	8:30 - 9:30 RESERVED WELLNESS		
		Val/ 5:45 - 6:45 LES MILLS BODYPUMP		5:45 - 6:45 Cycle Nicole	Swim For Fitness 6am - 7:30am
		8:30 - 9:30 CoreBar Sandi/Max 28		9:30 - 10:30 Cycle Laurie D.	8:15 - 9:15 Cardio Tone Steve ***
	9:30 - 10:30 Burn Firm & Core Danielle	LES MILLS BODYSTEP Sandi / 9:30-10:15	10:30 - 11:30 Pilates Melanie	INSTRUCTOR, TIME & FORMAT	9:15 - 10:15 Aqua Sculpt Steve
	10:30 - 11:30 Cardio Dance Party Danielle	LES MILLS BODYFLOW Sandi / 10:15 - 11:15			10:30 - 11:30 Gentle Aqua Addie
	11:30 - 12:30 Zumba Gold Kim	12:00 - 1:15 Tai Chi Aliya			Physical Therapy 12 -1:30pm FOR UMCP PATIENTS ONLY
WEDNESDAY	4:00 - 4:45 Amanda LES MILLS BODYVIVE	5 - 5:45/Kerri LES MILLS BODYPUMP			
	ZUMBA Donna/ 6:00 - 7:00	5:45 - 6:15 HardCORE Kerri	5:00 - 6:00 Toning at the Bar Donna		*** Indicates a class in the lap pool
	7:00 - 8:00 Samba Dance Renee	6:15 - 6:30 Stretch Kerri	6:00 - 7:00 Gentle Yoga Debbie		PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED
	8:00 - 9:00 Bollywood Dance Hold Until February	6:30 - 7:30 S.H.R.E.D. (524) Christine	7:30 - 8:30 w/Del LES MILLS BODYFLOW	7:00 - 8:00 Cycle Mike	

THURSDAY

STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
	5:45 - 6:45 Boxing Pat		NEW!	*** Indicates a class in the lap pool
9:00 - 10:00 Step Laurie D.	9:00 - 9:45 POUND Tracey	9:30 - 10:30 Gentle Yoga Ruth	9:30 - 10:30 Cycle Margaret	9:15 - 10:00 Cardio Tone Tamara***
10:00 - 11:00 Balance & Movement Adele	10:00 - 11:00 LES MILLS BODYPUMP Rhonda		TIME CHANGE	
 Larisa/ 11:00 - 12:00	11:00 - 11:45 Chair Yoga Kathleen 1/14 onwards	INSTRUCTOR CHANGE		12:00 - 1:00 Aqua Arthritis Lawan
	12:00 / Bob LES MILLS BODYPUMP	12:00 - 1:15 Tai Chi (ALL LEVELS) Moshe		
 5:45-6:45/Amanda	5:00 - 6:00 Bootcamp Val	4:15 - 5:45 STUDIO RESERVED	5:30 - 6:30 Cycle Sarah	Swim Team 6pm - 8pm***
ZUMBA/BACHATA Tanya/ 7:00 - 8:15	6:00 - 6:30 X-Press ABS/ Val 6:30 - 7:00/Maus GRIT Strength/Plyo/Cardio	6:00 - 7:00 Power Yoga/Ruth 7:15 - 8:15 PIYO Rhonda/NEW	CARDIO CLASS INSPIRED BY YOGA MOVES	
EXPRESS FORMAT; NEW!	 Tamara/ 7:00 - 8:00			

FRIDAY

	8:45 Express Danielle LES MILLS BODYCOMBAT	7:00 - 8:00 Vinyasa Yoga Nathalie	5:45 - 6:45 Cycle Mike	*** Indicates a class in the lap pool
9:30 -10:30  Sandi	 Danielle/9:30-10:30	8:30 - 9:30 Toning at the Bar Sandi		8:15 - 9:15 Cardio Tone Steve***
10:35 - 11:35 Piloxing Amanda/starts 1/8	10:30 - 11:30 Strength & Definition Roger	9:30 - 10:30 Pilates/Deb W.		9:15 - 10:00 Aqua Sculpt Roger
11:45 /Lilv 	11:30 - 12:30 Ballroom Dance Del	NEW DAY AND TIME! SINGLES WELCOME!!	12:00 - 1:00 Cycle Blair	10:15-10:45 Aqua Balance & Tone Karen
		NEW! HIGH INTENSITY INTERVAL TRAINING		10:45 - 11:15 Aqua Lite Dance Karen
PIYO MOVED TO THURSDAY NIGHT	5:15 - 5:45 GRIT /Strength, Plyo & Cardio Bob		5:30 - 6:30 Cycle Laurie D.	
6:00 -7:00 Zumba Laurie S.	6:00/Allison 	4:30 - 6:45 STUDIO RESERVED		
INSTRUCTOR CHANGE	1/16 ONLY	7:00 - 8:00 Restorative Yoga Linda T. /Limit 15	GREAT WAY TO END THE WEEK WITH THIS CLASS; PICK UP TICKET AT FRONT DESK	Swim Team 6pm - 8pm***

SATURDAY

8:15 - 8:30 INTRO TO GRIT	AI/ 8:00 - 8:30 INTRO TO BODYPUMP 1/16 ONLY	8:00 - 9:00 Hatha Yoga Esta	7:30 - 8:30 Cycle Sarah D./January	JOIN US ON SATURDAY 1/16 FOR INTRODUCTORY CLASSES! GREAT WAY TO TRY FOR FIRST TIME.
8:30 - 9:00/Maus GRIT Plyo & Cardio	AI/ 8:45 - 9:45 	10:00 - 11:00 Gentle Yoga Veena	8:45 - 9:45 INTRO TO CYCLE Sarah D./ 1/16 ONLY	
9:00 - 10:00 Hip Hop - Arturo	 Christina/Cat 10:00	Val/11:30 - 12:30 Pilates on the Bar 12:30 -1:15 INTRO TO YOGA Ruth/ 1/16 ONLY	10:00 - 11:00 Cycle Laurie D.	
11:00 - 12:00/Larisa Zumba For Beginners	 11:15 - 12:15 Cat L.	1:00 - 2:00 Feldenkrais Jaclyn	STUDIO 2 ON 1/16	Parent & Me 10:30 - 11:00am 11:00 - 11:30am
12:00 Maribel 	LES MILLS LAUNCH DAY SATURDAY 1/30. NEW MUSIC & CHOREOGRAPHY IN BODYPUMP, BODYCOMBAT AND BODYVIVE			Swim Team 12:00-2:00pm***
2-3pm Ballroom Dance Del				Family Swim 3:00 - 5:00pm***

SUNDAY

8:00 - 9:00 INSANITY ™ Joe	8:00 - 8:45 CoreBar AI - MAX 28	8:30 - 9:30 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 	10:00 - 11:00 Gentle Pilates Phil		9:30 - 10:30 Aqua Sculpt Roger
10:00 -11:00  Lily	10:05 - 10:30 Express Stretch Del	11:10 - 12:10 / Ruth 	10:00 - 11:00 Cycle Adonis	
	10:30 - 11:30 Burn Firm & Core Laurie D.	SPECIAL YOGA SERIES: MEDITATION/NIDRA FOR BEGINNERS SUNDAY 1/17/15 12:30 - 2PM/STUDIO 3 Ruth - No Signup Needed		11:00 -12:00 Aqua Dance Anu***
	11:30 - 12:15 Step - Mixed Levels Laurie D.			Family Swim 3:00 - 5:00pm***

Princeton Fitness & Wellness Center At Plainsboro

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

- * Please do not enter a studio 5 minutes after class has begun. Safety for you and
- * 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!