


Princeton Fitness and Wellness Center

Group Exercise Schedule Effective March 1st

	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4 (Upstairs)	CYCLE	AQUA	
MONDAY	5:45 - 6:45 Boxing Pat				5:30 - 6:30 Cycle Tori	*** Indicates a class in the lap pool.	
	7:00 - 8:00 RESERVED WELLNESS	9:00 - 9:30 Ramp Strong Rita	8:15 - 9:15 PIYO Dona	CARDIO CLASS INSPIRED BY YOGA MOVES			
	8:30 AI	9:30 - 10:15 Ramping Rita	9:30 - 10:30 Pilates Patti	9:30 - 10:45 Power Yoga Linda F.	9:15 - 10:15 Cycle Tony	10:30 - 11:30 Aqua Tone Karen	
	9:30 Danielle	10:15 - 11:15 Toning at the Bar Donna	12:00 - 1:00 SUCCESS IN 16 PROGRAM	3/28 ONLY			
	10:30 - 11:30 Lite Latin Dance Leslie	11:45 - 1:00 Chair/ Gentle Yoga Jayadeva	WHAT IS GRIT? 30 MINUTES OF HIGH INTENSITY INTERVAL TRAINING. BROUGHT TO YOU BY THE CREATORS OF BODYPUMP. BACKED BY CLINICAL RESEARCH THIS WORKOUT WILL CHANGE THE WAY YOU LOOK AND FEEL!				
	12:15 AI	1:00 - 2:00 RESERVED WELLNESS					
	4:00 - 5:00 BoogieTone Rita	5:15 - 6:00 Ramping Rita			6:00 - 7:00 Cycle Sharon	6:00 - 7:00 Cardio Tone Anu***	
	5:00 Kerri	6:00 - 6:30 Ramp Strong Rita	5:00 - 6:15 Gentle Yoga Donna				
	6-6:30 BodyCombat 6:30-7 GRIT-Danielle	6:30 - 7:30 Barefoot Body Work Christina	PIYO ON 3/28 ONLY				
	7:00 - 8:00 Camille 	7:45 - 9:00 Power Yoga Ruth	7:00 - 8:00 /Richard 		PLEASE DO NOT ENTER THE STUDIOS 5 MINUTES AFTER CLASS HAS STARTED		
8-9 RESERVED							
TUESDAY	5:45 Patti/Tori			5:45 - 7:00 Power Yoga Denise			
	8:30 - 9:30 Hatha Yoga Del	7:15 - 8:15 Intermediate Pilates Patti		LINE DANCE WILL RETURN IN APRIL			
	9:30 - 10:30 Barefoot Bootcamp Linda F	9:00 - 10:00 Xtreme Conditioning Pat	9:30 - 10:30 PIYO™ Donna	STUDIO 4 ON 3/22		MASTER SWIM 6-7:30AM	
	10:30 Donna	SPECIAL GRIT CLASS ON 3/8; WEAR SNEAKERS			9:15 - 10:15 Cycle Howie	9:15 - 10:00 Cardio Cross Christina S ***	
	11:30 - 12:00 Zumba Toning Donna		STUDIO 4 ON 3/22	LOOK FOR NEW CHALLENGE COMING UP "SUCCESS IN 16"!! STAY TUNED.		10:00 - 10:30 Cardio Tone Christina S	
	12:15 - 1:20 Gentle Yoga Linda	11:45 - 1:00 Chair/Gentle Yoga Jayadeva	12:30 - 1:30 Feldenkrais Jaclyn			10:30 - 11:15 Poolates Christina S.	
	1:30 - 2:30 Gentle Pilates Jaclyn		TIME & FORMAT CHANGE				
	5:15 - 5:45 GRIT Danielle	3:45 - 4:45 Pilates Jaclyn			12:15 - 1:15 Cycle Lorraine		
	6:00 Donna	5:15 - 6:15 FIT 101 Rita	CARDIO CLASS PLS WEAR SNEAKERS. NOT YOGA		6:00 - 7:00 SUCCESS IN 16 PROGRAM	3/29 ONLY	Physical Therapy 12:00 - 2:00pm
	SPECIAL ZUMBA STEP CLASS ON 3/8 ONLY		6:15 - 7:15 PLYOGA Laurie S.		5:30 - 6:30 RESERVED WELLNESS		5:30 - 6:30 Cardio Tone Anu ***
7:00 - 8:00 Step & Sculpt Vin	7:15 - 8:15 Toning at the Bar Donna/ Need ticket from Front Desk	MAX 12 IN CLASS		6:30 - 7:45 Vinyasa Yoga Elysa	7:00 - 8:00 Cycle Blair	Swim Team 6:30 - 8:30***	
WEDNESDAY	5:45 - 6:45 Boxing Pat	7:00 - 8:00 RESERVED WELLNESS		TIME & STUDIO CHANGE. NO CLASS ON 3/29; STUDIO 3 ON 3/1			
	8:00 - 9:00 Boogietone Rita	9:00 - 9:30 Ramp Strong Rita	9:00 - 10:00 Piloxing Linda				
	9:15 - 10:15 S.H.R.E.D. (524) Pat	9:30 - 10:15 Ramping Rita			9:15 - 10:15 Cycle Tony/March	9:00 - 10:00 Aqua Sculpt Roger	
	10:15 Patti	10:15 - 11:15 Pilates Patti				10:15 - 11:15 Aqua Arthritis Susan	
		11:20 - 12:10 Gentle Tai Chi Jaclyn					
	12:15 Denise S.	1:00 - 2:00 RESERVED WELLNESS					
	5:00 Camille					5:00 - 5:45 Aqua Sculpt Roger	
	6:00 - 6:55 Step & Abs Roger	5:15 - 6:00 Ramping Rita					
	7:00 - 8:00 	6:00 - 6:45 Balletone Rita			6:30 - 7:30 Cycle Nancy		
	Danielle/Rhonda 8:00 - 9:00 RESERVED			7:00 - 8:15 Power Yoga Mary		Swim Team 7:30 - 8:30***	

THURSDAY

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4 (Upstairs)	CYCLE	AQUA
5:45-6:45 Plyoga/ Cardio Kirsten	5:45 - 6:15 GRIT STRENGTH 3/3 & 3/17	SPECIAL IN STUDIO 1!	POWER YOGA ON HIATUS		*** Indicates a class in the lap pool.
8:15 - 9:15 w/Al LES MILLS BODYPUMP	8:30 - 9:15 Balletone Rita	8:45 - 9:15 GRIT Cardio Danielle		9:15- 10:15 Cycle Kerri	6-7:30am Masters Swim
9:15 - 10:15 Stepin' Style Roger/Vin	9:30 - 10:30 FIT 101 Rita	9:30 - 10:45 Power Yoga Del			
10:15 - 11:00 Muscle Definition Danielle/Vin	NOT YOGA. WEAR SNEAKERS	10:45 - 11:00 Meditation Del	HAPPY ST. PATRICKS DAY 3/17. ON THIS DAY TAKE ANY 2 GROUP FIT CLASSES AND ENTER INTO A RAFFLE TO WIN 1 FREE MONTH MEMBERSHIP. MUST HAVE SIGNED "GO FOR THE POT OF GOLD" COUPON FROM INSTRUCTORS. DROP OFF COMPLETED FORM AT FRONT DESK.		
11:00 - 12:00/Vin ZUMBA	11:45 - 1/Jayadeva Chair/Gentle Yoga				11:00 - 12:00 Aqua Sculpt Anu
12:15 - 12:45 GRIT PLYO 3/10, 3/24 ONLY	3:45 - 4:45 Pilates Sherry	CARDIO CLASS; NOT YOGA. WEAR SNEAKERS		12:15 - 1:15 Cycle Darius	Physical Therapy 12:00 - 2:00pm
12:15 - 1:20 Gentle Yoga/Lorraine	5:30 - 6:30 PLYOGA Kirsten	5:00 - 6:15 Gentle Yoga Donna	5:30 - 6:30 RESERVED WELLNESS		 Happy St.Patrick's Day!
5:00 - 6:00 Boogietone/Rita	6:30 - 7:30 Pilates Nicole A	6:30-7:30 NIA Susan		6:15 - 7:15 Cycle Sharon	Swim Team 6:30- 8:30pm***
6:00 Maria LES MILLS BODYCOMBAT 7:00 Danielle					

FRIDAY

LES MILLS BODYPUMP 5:45 Tori	8:00 - 9:00 BoogieTone Rita		5:45 - 7:00 Power Yoga Cheryl		
8:30 - 9:30 Freestyle Step Vin	9:00 - 9:30 Ramp Strong Rita	8:45 - 9:15 HardCORE Kerri		6:50 - 7:50 Cycle Howie	
LES MILLS BODYPUMP 9:30 Linda	9:30 - 10:15 Ramping Rita	9:30 - 10:30 Pilates Linda M.	9:30 - 10:45 Power Yoga Del	9:30 - 10:30 Cycle Kerri	
10:35 - 11:35 Lite Latin Dance Leslie	10:15 - 11:15 PIYO™ Donna	10:45 - 11:30 Total Body Stretch Linda M.			10:15 - 11:15 Aqua Arthritis Lawan
LES MILLS BODYPUMP 12:15 Al	CARDIO CLASS INSPIRED BY YOGA MOVES	11:45 - 12:45 Intro to Tai Chi Arthur/All Levels			
1:30 - 2:30 Gentle Pilates Sherri				5:30 - 6:30 Cycle Blair	
LES MILLS BODYPUMP 6:30 Camille		6:30 - 7:45 Yin Yoga Robin D.			Swim Team 6:30 - 7:30***

SATURDAY

7:30 - 8:45 Boxing Pat	8:00 - 9:15 Hatha Yoga Rhonda	LES MILLS BODYATTACK Danielle 8:30	7:15 - 8:30 Power Yoga Denise	7:30 - 8:30 Cycle James/ Howie	AQUATICS Swim for Fitness*** 7:30 - 9:00
9:00 - 10:10 Aerostep* *See rotation	9:15 - 10:15 Toning at the Bar/Val	9:30 - 10:00 HardCORE Kerri	9:05 - 10:05 Pilates Phil	9:00 - 10:00 Cycle Tori	9-9:45 Cardio Tone Roger/Anu***
LES MILLS BODYPUMP 10:15 Kerri		10:15 - 11:15 Piloxing Amanda	POWER YOGA IS BACK	10:10 - 11:10 Cycle Sharon	9:45 - 10:30 Aqua Sculpt Roger/Anu
11:20 - 12:20 Danielle		TIME CHANGE	Step Rotation**		AQUATICS Parent & Me 10:30 - 11:00 \$
LES MILLS BODYCOMBAT 12:20 - 1:20 Maria	12:30 - 1:45 Gentle Yoga Linda T.		3/5 VIN 3/12 VIN 3/19 ROGER 3/26 ROGER	ENJOY SPRING EQUINOX ON 3/19 WITH SPECIAL YOGA CLASS AT 8AM WITH RHONDA IN STUDIO 2	Swim Team 12:00 - 2:00*** Family Swim 3:00-5:00***

SUNDAY

LES MILLS BODYPUMP 7:25 Patti/ Danielle		WE ARE CLOSED ON EASTER 3/27/16		PLEASE DO NO ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED. THANK YOU.	
8:45 - 9:15 GRIT STRENGTH Linda 3/6 & 3/20	8:15 - 9:30 Sunrise Yoga Kathleen	8:30 - 9:30 LES MILLS BODYCOMBAT Danielle	SPECIAL VISUAL RIDE ON 3/20 ONLY	8:30 - 9:30 Cycle Ladan	9:00 - 9:45 Cardio Tone Christina B.***
9:30 - 10:30 Barefoot Bootcamp Linda	9:45 - 10:45 Tabata Pat	9:45 - 10:45 Beginner Yoga Robin			9:45- 10:30 Aqua Sculpt Christina B.
LES MILLS BODYPUMP 10:30 Linda	10:45 - 11:15 GRIT CARDIO/PLYO Sarah			10:00 - 11:00 Cycle Tori	
11:35 - 12:35 Donna	11:45 - 1:00 Power Yoga Linda	11:45 - 1:00 Gentle Yoga Raji	SPECIAL!		
		1:30 - 2:30 SPECIAL YIN YOGA Robin D. 3/13 ONLY	SPECIAL YOGA SERIES: WHAT IS YIN YOGA? A STRETCH ORIENTED YOGA CLASS FOCUSED ON FINDING SENSATION AND STILLNESS IN THE POSTURE. HAS LESS MOVEMENT THAN A VINYASA (FLOW) CLASS. NO SIGN UP NEEDED.		AQUATICS Family Swim *** 3:00-5:00
1:30 - 2:15/2:15 - 3:30 Intro to WCS/WCS Dara					