

# Princeton Fitness and Wellness Center at Plainsboro

## Group Exercise Schedule, Effective May 1st

	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE;SIGN UP FRONT DESK	AQUA
<b>MONDAY</b>	9:00 - 9:30 the <b>corebar</b> <sup>®</sup> Sandi	<b>STRONG FORMAT</b>	<b>DENOTES GENTLE CLASS</b>	5:45 - 6:45 Cycle Laurie D.	*** Indicates a class in the lap pool
	9:30 - 10:30 Step Roger		9:30 - 10:30 <b>LES MILLS BODYFLOW</b> Sandi	<b>MEMORIAL DAY, 5/29, CLUB HOURS IS 7AM - 1PM. PLEASE SEE SEPARATE GROUP FITNESS SCHEDULE FOR THIS DAY ONLY.</b>	8:15 - 9:15 Cardio Sculpt Steve***
	10:30 - 11:30 Balance & Movement Adele	<b>LES MILLS BODYVIVE</b> Amanda/ 10:30	10:35 - 11:35 Hatha Yoga Zoo		9:15 - 10:15 Aqua Sculpt Steve
	11:30 - 12:30 Zumba Gold™ Kim	<b>LES MILLS BODYPUMP</b> 12:00 / Donna	12:30 - 1:30 Gentle Yoga Raji		Physical Therapy 12- 3:00PM
	12:30 - 1:30 <b>Tai Chi (ALL LEVELS)</b> Moshe/NEW DAY & TIME	<b>FIRST MONDAY EA MONTH IS INTRO TO BOXING-5/1</b>	2:30 - 3:30 Feldenkrais Jaclyn		
	<b>MOVED FROM THURSDAYS</b>		4:15 - 5:45 MARTIAL ARTS RESERV		
	<b>LES MILLS BODYVIVE</b> Amanda/ 6:00	6:00 - 7:00 Boxing Pat	5:00 -6:00 Soulbody BARRE™ Sandi	5:30 - 6:30 Cycle Kerri	
	<b>ZUMBA</b> Vin 7:00	7:00 -8:00 I.T. (Interval training) Pat	6:15 - 7:15 MARTIAL ARTS RESERVED		
8:00 -9:00 Asian Pop Dance Lily		7:30 - 8:30 Alignment Yoga Joni	<b>PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED; THIS IS FOR YOUR SAFETY. THANK YOU.</b>		
<b>TUESDAY</b>	9:00 - 9:30 the <b>corebar</b> <sup>®</sup> Sandi		5:45 - 6:45 Vinyasa Yoga Linda F.		*** Indicates a class in the lap pool
	9:30 - 10:00 X-Press ABS Laurie D.			9:30 - 10:30 Cycle Colleen	8:15 - 9:15 Cardio Tone Steve ***
	<b>ZUMBA</b> Laurie D/ 10:00 - 11:00	10:05 - 11:05 Hatha Yoga Del			9:15 - 10:15 Aqua Sculpt Steve
	11:05 - 12:05 Chair Yoga Shanti	11:05 - 11:20 Meditation Del	11:30 - 12:30 Flamenco Dance Lisa		11:30 - 12:30 Aqua Arthritis Lawan
	1:00 - 2:00 RESERVED WELLNESS PROGRAM	11:30 - 12:30 WELLNESS PROGRAM	1:30 - 2:45 TO 5/30 Total Control/Reserved		
	5:15 - 6:00 Piloxing™ Linda	5:00 - 5:15 X-Press ABS Patti	4:15 - 5:45 STUDIO RESERVED	5:30 - 6:30 Cycle Adele	5:15 - 6:00 Aqua Tone Tamara
	6:00 /Laurie D. <b>STRONG EXERCISE</b>	5:15 - 6:00 Bootcamp Patti	6:00 - 7:00 Gentle Pilates Phil		
	7:00 -8:00/Meredith <b>LES MILLS BODYCOMBAT</b>	6:00-7:00/ Roger Step N'Tone	7:15-8:15/Ruth Vinyasa Yoga	7:00-8:00/Ladan Cycle	<b>Swim Team 6pm - 8pm***</b>
<b>ZUMBA</b> 8:00/Pam	<b>LES MILLS BODYPUMP</b> 7:00-8:00/Maus	8:30 - 9:30 RESERVED WELLNESS		<b>SPECIAL VISUAL RIDE CLASS ON 5/9 EVERY 2ND TUES OF MONTH</b>	
			5:45 - 6:45 Cycle Nicole	<b>Master Swim 6am - 7:30am***</b>	
<b>WEDNESDAY</b>	9:00 - 9:30 X-Press ABS Laurie		9:30 - 10:30 Gentle Yoga Donna Hutchinson		8:15 - 9:15 Cardio Tone Steve ***
	9:30 - 10:30 Burn Firm & Core Danielle	9:30 - 10:15 <b>LES MILLS BODYSTEP</b> Sandi	10:35 - 11:35 Pilates Melanie	9:30 - 10:30 Cycle Laurie D.	9:15 - 10:15 Aqua Sculpt Steve
	10:30 - 11:30 Cardio Dance Party Danielle	10:15 - 11:15/Sandi <b>LES MILLS BODYFLOW</b>		10:45 - 11:15 Silver Cycle Adele/5/10 ONLY	
	11:30 - 12:30 Zumba Gold Kim	11:15 - 12:15 FIT101 Al	<b>BEGINNER - INTERMEDIATE LEVELS</b>		*** Indicates a class is in the lap pool
	<b>FORMAT CHANGE MAY</b>	12:15 - 1:30 Tai Chi Aliya	2:30 - 3:30 Feldenkrais Jaclyn		Parent & Me 10:30 - 11am; Pre-register at Front Desk
	6:00 - 7:00 <b>BOLLY X</b> The Bollywood Workout Cat/NEW May	<b>LES MILLS BODYPUMP</b> 5 - 6:00/Kerri	5:00 - 6:00 Toning at the Bar Linda		Physical Therapy 12 -2PM
	7:00 - 8:00 NIA Susan	6:00-6:25 HardCORE/Kerri	6:00 - 7:00 Gentle Yoga Debbie		<b>PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED</b>
	8:00 - 9:00 Bollywood Dance Uma	7:00 -8:00 Burn, Firm & Core Danielle	7:30 - 8:30 w/Del <b>LES MILLS BODYFLOW</b>	7:00 - 8:00 Cycle Mike	

	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE;SIGN UP FRONT DESK	AQUA
THURSDAY	NEW FORMAT FOR MAY. POUND RETURNS IN JUNE	5:45 - 6:45 Boxing Pat	NEW DENOTES GENTLE CLASS		*** Indicates a class in the lap pool
	9:00 - 10:00 Step Laurie	9:00 - 9:55 Barefoot Bootcamp Linda	9:30 - 10:30 Gentle Yoga Ruth	9:30 - 10:30 Cycle Danielle	8:15 - 9:15 Cardio Sculpt Anu***
	10:00/No class 5/18 Balance & Movement Adele	10:00 - 11:00 LES MILLS BODYPUMP Rhonda	10:35 - 11:35 SoulBody BARRE™ Amanda	SENIOR PROM - THURSDAY 5/18 FROM 11-1PM IN STUDIO 1. RSVP BY TUESDAY 5/16. DANCING (line dance), MUSIC W/DJ A.J, FOOD, FUN AND MINGLING. BY RESERVATION ONLY. NO CLASS AT 10AM OR 11AM.	
	11:00/No Class 5/18 Liza A.	11-12 Wellness Program 1:30-2:45 Total Control ROOM RESERVED	12PM TAI CHI MOVED TO MONDAYS AT 12:30PM STUDIO 1		12:00 - 1:00 Aqua Arthritis Lawan
	TOTAL CONTROL THROUGH 6/1	12:00 - 1:00 LES MILLS BODYPUMP Meredith/Linda	1:30 - 2:00 WELLNESS PROGRAM RESERVED		
		5:15 - 6:15 Bootcamp Val	4:15 - 5:45 MARTIAL ARTS RESERVED	5:30 - 6:30 Cycle Ladan	Swim Team 6pm - 8pm***
	5:45-6:45/Amanda LES MILLS BODYVIVE	6:20 - 6:50/Maus LES MILLS GRIT SERIES	6:10 - 7:10 Power Yoga/Ruth		PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED; THIS IS FOR YOUR SAFETY. THANK YOU.
	7:00 - 8:00/Tanya ZUMBA W/Bachata	Tamara/ 7:00 - 8:00 LES MILLS BODYPUMP		7:00 - 8:00 Cycle Ladan	
	CINCO DE MAYO, FRIDAY 5/5, JOIN LILY FOR SPECIAL DANCE CLASS AT 11:45AM FOLLOWED BY SALSA & CHIPS		7:00 - 8:00 Vinyasa Yoga Nathalie	5:45 - 6:45 Cycle Mike	*** Indicates a class in the lap pool
		8:45 Express Danielle LES MILLS BODYCOMBAT	8:30 - 9:30 SoulBody BARRE™ Sandi		8:15 - 9:15 Cardio Tone Steve***
9:30 - 10:30 LES MILLS BODYSTEP Sandi	Danielle/9:30-10:30 LES MILLS BODYPUMP	9:30 - 10:30 Pilates Val	GENTLE YOGA CLASS	9:15 - 10:00 Aqua Sculpt Roger	
10:35 - 11:35/Amanda CIZE	10:30 - 11:30 Strength & Definition Roger	10:35 - 11:35 Prime of Life Yoga Shanti		10:15-11:15 Aqua Balance & Tone Karen	
11:45 - 12:45/Lily ZUMBA	11:30 - 12:30 Ballroom Dance Del		12:00 - 1:00 Cycle Blair		
CARDIO KICKBOXING	HIGH INTENSITY INTERVAL				
5:15 - 6:00 LES MILLS BODYCOMBAT Meredith	5:15 - 5:45 LES MILLS GRIT SERIES Bob	4:30 - 6:45 MARTIAL ARTS RESERVED	5:30 - 6:30 Cycle Laurie D.		
6:00 - 7:00 BOLLY Cat/NEW FOR MAY	6:00 - 7:00 LES MILLS BODYPUMP Alison	7:00 - 8:00 Restorative Yoga Linda T. /Limit 30		Swim Team 6pm - 8pm***	
8:45 - 9:45 STRONG Laurie D. /No class 5/6	7:30 - 8:30 SoulBody UNHITCHED AI/5/6 ONLY SPECIAL	8:00 - 9:00 Hatha Yoga Donna Hutchinson	7:30 - 8:30 Cycle Colleen		
9:45 - 10 Stretch Laurie D.	AI/ 8:45 - 9:45 LES MILLS BODYPUMP	9:10 - 10:10 Barre Sculpt Nicole			
LES MILLS BODYVIVE Christina/Cat 10:00	10:00 - 11:15/Pat Boxing	10:15 - 11:15 Gentle Yoga/Veena	10:00 - 11:00 Cycle/Laurie D.	Parent & Me 11:00 - 11:30am	
11:00 /Pam ZUMBA	LES MILLS BODYCOMBAT 11:15 - 12:15 Cat	11:30 - 12:30 Guided Visualization & Meditation 5/13 ONLY Shirin	SPECIAL MOTHER'S DAY CELEBRATION CLASS; BRING A GUEST	Swim Team 12:00-2:00pm***	
12:00-1:00/ Kim Zumba for Beginners	12:15 - 1:15/AI FIT101	1:00 - 2:00/Jaclyn Feldenkrais		Family Swim 3:00 - 5:00pm***	
2-3pm Del Ballroom Dance	BEGINNER - INTERMEDIATE LEVELS				
		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 /Meredith LES MILLS BODYPUMP	10:00 - 11:00 Gentle Pilates Phil	10:00 - 11:00 Cycle Adonis	9:30 - 10:30 Aqua Sculpt Roger	
10:00 - 11:00 ZUMBA Lily	10:05 - 10:30 Express Stretch Del	11:10 - 12:10 / Ruth LES MILLS BODYFLOW		11:00 - 12:00 Aqua Dance Anu***	
11:00 - 12:00 Hip Hop Derrick/May	10:30 - 11:30 Burn Firm & Core Laurie D.	12:30 - 1:15 Meditation Ruth	LEARN THE LANGUAGE TO YOGA/SANSKRIT; HAND POSITIONS FOR MUDRAS/ AND LOCKS FOR BANDHAS. NO SIGN UP NEEDED.		
NEW! DERRICK IS BACK.	11:30 - 12:15 Step - Mixed Levels Laurie D.	1:30 - 2:30 INTRO TO SANSKRIT, BANDHAS & MUDRAS Veena/ 5/7 ONLY		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 others;

\* Classes and instructors are subject to change.

\* Please sign up at front desk for cycle class. Sign up available 1 hour before class

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

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