

# MAY GROUP FITNESS UPDATES – PRINCETON

*Effective Monday, May 1st*

## MONDAY

**MEMORIAL DAY, MONDAY 5/29, CLUB HOURS 7AM – 1PM. PLEASE SEE  
REVISED GROUP FIT SCHEDULE FOR THIS DAY**

~~**BODYPUMP** (5:00 – 6:00PM) CLASS IS CANCELLED~~

**POWER YOGA CHANGED TO VINYASA FLOW YOGA** (class time change)- 5/1 CLASS  
TIME IS 7:45 – 9PM; STARTING 5/8 AND ONWARDS, NEW TIME IS 7:15 – 8:30 W/RUTH

## TUESDAY

**GRIT™** (9:35 – 10:05AM)- TIME CHANGE; NO CLASS ON 5/16

**SHRED** (10:10 – 10:40AM)- TIME CHANGE

**ZUMBA** (10:45 – 11:45AM)- TIME CHANGE

**NEW SOULBODY BARRE™ CLASS ADDED** (10:45 – 11:45AM)- NEW CLASS ADDED  
FOR MAY, STUDIO 2 W/LINDA F.

**SPECIAL SOULBODY BARRE™ CLASSES ON 5/9 & 5/16** (7:05 – 8:05PM)- IN PLACE  
OF TONING AT THE BARRE ON THESE 2 DATES ONLY W/LINDA F. AND SANDI.

**ZUMBA** (6:15 – 7:15PM)- INSTRUCTOR & TIME CHANGE FOR MAY WITH VIN

**STEP N SCULPT** (7:15 – 8:15PM)- TIME CHANGE

## WEDNESDAY

**NO CHANGE**

## THURSDAY

**PLYOGA CHANGED TO OPTIMUM SCULPT** (5:45 – 6:45AM)- FORMAT CHANGE WITH  
KIRSTEN. TOTAL BODY WORKOUT USING HAND WEIGHTS, BODY WEIGHT FOR STRENGTH,  
CARDIO, PLYO, FLEXIBILITY AND CORE.

~~**TONING AT THE BAR** (10:30 – 11:30AM) CLASS IS CANCELLED~~

**PILATES CHANGED TO PILATES – MIXED LEVELS** (6:00 – 7:00PM)- MIXED LEVELS  
NOW SO SUITABLE FOR BEGINNERS

**BAREFOOT BODY WORK NOW CHANGED TO SOULBODY UNHITCHED™** (6:20 –  
7:20PM)- FORMAT, TIME AND INSTRUCTOR CHANGE WITH LINDA F.

## FRIDAY

**CELEBRATE CINCO DE MAYO ON FRIDAY 5/5 WITH SPECIAL 8AM BOOGIETONE DANCE CLASS AND JOIN US FOR SALSA & CHIPS AT 10AM.**

**NEW CLASS ADDED SOULBODY UNHITCHED™** (10:30 -11:30AM )- **NEW CLASS ADDED FOR MAY WITH AL IN STUDIO 2**  
**FORMAT CHANGE GRIT™ ON 5/12 WITH PLYOGA** (5:30 – 6:15PM)- **NO STRETCH NO THIS DAY**  
**GRIT™ / STRETCH** (5:30 – 6:15PM)- **NO CLASSES ON 5/19**

## SATURDAY

**MOTHER'S DAY IS ON SUNDAY 5/14 BUT JOIN US ON SATURDAY 5/13 2 SPECIAL CLASSES (NON MEMBERS WELCOME TO ATTEND, PLEASE BRING PHOTO ID):**

**SPECIAL MOTHER/GUEST PARTNER BOOTCAMP CLASS** (10:30 -11:25AM )- **ON 5/13 ONLY. AGE REQUIREMENT 13+. BRING A GUEST TO CLASS. LED BY PATTI F.**  
**SPECIAL RESTORATIVE YOGA CLASS** (11:30 – 12:30PM )- **ON 5/13 ONLY. BRING A GUEST TO CLASS. LED BY LINDA T. NO YOGA EXPERIENCE NEEDED**

~~**EXPRESS STRETCH** (10:30 – 11:00AM) – CLASS IS CANCELLED~~

## SUNDAY

**HAPPY MOTHER'S DAY 5/14**

**INTRO TO WCS/WCS** (1:30 -3:30PM)- **NO CLASSES ON 5/7**

### **MIND/BODY SERIES**

**INTRO TO SANSKRIT, MUDRAS & BANDAHS – SPECIAL CLASS ON SUNDAY 5/21, 1:00 – 2:00PM, IN STUDIO 3 W/VEENA. AN INTRODUCTORY TO THE LANGUAGE OF YOGA – SANSKRIT; LEARN THE DIFFERENT LOCKS IN THE BODY – BANDAHS AND THE VARIOUS HAND/BODY POSITIONS FOR MUDRAS TO KEEP YOU PHYSICALLY AND MENTALLY STRONG AND HEALTHY. NO SIGN UP NEEDED.**