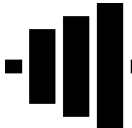



September-17

PRINCETON & PLAINSBORO

LES MILLS GRIT™ SERIES - 3 FORMATS

| <u>STRENGTH (S)</u> USING BODYPUMP BARBELL AND WEIGHTED PLATES | <u>PLYO (P)</u> USING STEP & RISERS AND WEIGHTED PLATES. NO BARBELL | <u>CARDIO (C)</u> NO EQUIPMENT NEEDED. JUST BODYWEIGHT. | PRINCETON LOCATION - PFW | PLAINSBORO LOCATION - PBORO | A 30 MINUTE, HIGH INTENSITY INTERVAL TRAINING WORKOUT THAT WILL MAXIMIZE YOUR HEART RATE AND CREATE A CHANGE IN YOUR BODY! GET READY TO SWEAT! | |
|--|---|---|---|---------------------------------------|---|---------------------------------|
| Sun | Mon | Tues | Wed | Thur | Fri | Sat |
| |  | |  | | | |
| | | | | | 1 5:30pm-Pboro 5:45pm-PFW STRENGTH | 2 10am-PFW CARDIO |
| 3 | 4 LABOR DAY CLUB HOURS 7A-1P | 5 9:30am-PFW PLYO | 6 6:30pm-Pboro STRENGTH | 7 6:20pm-Pboro PLYO | 8 5:30pm-Pboro 5:45pm-PFW CARDIO | 9 10am-PFW PLYO |
| 10 | | 12 9:30am-PFW CARDIO | 13 6:30pm-Pboro PLYO | 14 6:20pm-Pboro STRENGTH | 15 5:30pm-Pboro 5:45pm-PFW PLYO | 16 10am-PFW CARDIO |
| 17 | | 19 9:30am-PFW STRENGTH | 20 6:30pm-Pboro CARDIO | 21 6:20pm-Pboro PLYO | 22 5:30pm-Pboro 5:45pm-PFW CARDIO | 23 10am-PFW PLYO |
| 24 | | 26 9:30am-PFW PLYO | 27 6:30pm-Pboro STRENGTH | 28 6:20pm-Pboro CARDIO | 29 5:30pm-Pboro 5:45pm-PFW STRENGTH | 30 10am-PFW CARDIO |