

Princeton Fitness and Wellness Center at Plainsboro

Group Exercise Schedule, Effective September 1st

	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE;SIGN UP FRONT DESK	AQUA
MONDAY	9:30 - 10:30 LES MILLS BODYSTEP Val N. 9/4 & 9/18		DENOTES GENTLE CLASS ☺	5:45 - 6:45 Cycle Laurie D.	*** Indicates a class in the lap pool
	9:30 - 10:30 Step Amanda 9/11 & 9/25		9:30 - 10:30 LES MILLS BODYFLOW Sandi	LABOR DAY IS MONDAY 9/4. PLEASE REFER TO DIFFERENT GROUP FITNESS SCHEDULE ON THIS DAY. CLUB HOURS 7AM - 1PM.	8:15 - 9:15 Cardio Sculpt Steve***
	10:30 - 11:30 Balance & Movement ☺ Adele	LES MILLS BODYVIVE Amanda/ 10:30	10:35 - 11:35 Hatha Yoga Zoo		9:15 - 9:45 Aqua Tone Steve
	11:30 - 12:30 Zumba Gold™ ☺ Tracey	LES MILLS BODYPUMP 12:00 / Donna	12:30 - 1:30 Gentle Yoga ☺ Raji		Physical Therapy 12-3:00
	12:30 - 1:30 Tai Chi ☺ Moshe		2:30 - 3:30 Feldenkrais ☺ Jaclyn		
	4-5:00 RESERVED GET ACTIVE	4:15 - 5:45 MAINTENANCE ARTS RESERVED			
	LES MILLS BODYVIVE Amanda/ 6:00	6:00 - 7:00 Boxing Pat	5:00 - 6:00/Sandi Soul Body	5:30 - 6:30 Cycle Kerri	
	ZUMBA Vin 7:00	7:00 - 8:00 I.T. (Interval training) Pat	6:15 - 7:15 MARTIAL ARTS RESERVED	BARRE FORMAT	
	8:00 - 9:00 Asian Pop Dance Lily	8-9:00 RESERVED GET ACTIVE	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.	
	NEW CLASS FOR SEPT	STUDIO CHANGE	5:45 - 6:45 Vinyasa Yoga Linda F.	SPECIAL POP UP CLASSES ON 9/19 & 9/26	*** Indicates a class in the lap pool
TUESDAY	9:00 - 10:00 Burn, Firm & Core Val /NEW	9:30 - 10:00 X-Press ABS Laurie D.		9:30 - 10:30 Cycle Blair	8:15 - 9:15 Cardio Sculpt Steve ***
	ZUMBA Laurie D/ 10:00 - 11:00	10:05 - 11:05 Hatha Yoga Del	10:00 - 11:00 PIYO™ Rhonda/NEW	PIYO IS A CARDIO CLASS INSPIRED BY YOGA MOVES. NO YOGA EXPERIENCE	9:15 - 10:15 Aqua Tone Dawn
	11:05 - 12:05 Chair Yoga ☺ Shanti	11:05 - 11:20 Meditation ☺ Del	11:30 - 12:30 Flamenco Dance Lisa		10:30 - 11:15 Poolates Dawn/NEW
	1-2 & 4-5 RESERVED WELLNESS PROGRAM	11:30 - 12:30 WELLNESS PROGRAM			
	5:15 - 6:00 Piloxing™ Amanda	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. STRONG	5:15 - 6PM/ Patti Bootcamp	6:00 - 7:00 Gentle Pilates ☺ Phil		
	7:00 -8:00/Meredith LES MILLS BODYCOMBAT	6:00-7:00/ Amanda September Step N'Tone	7:15-8:15/Ruth Vinyasa Yoga	7:00-8:00/Ladan Cycle	Swim Team 6pm - 8pm***
	ZUMBA 8:00/Pam	LES MILLS BODYPUMP 7:00-8:00/Maus	8-9 Studio 2/8:30 - 9:30 Studio 3 RESERVED WELLNESS		SPECIAL VISUAL RIDE CLASS ON 9/12; EVERY 2ND TUES OF MONTH
				5:45 - 6:45 Cycle Nicole	Master Swim 6am - 7:30am***
	9:00 - 9:30 X-Press ABS Laurie D.	STUDIO CHANGE	NEW CLASS; EXPRESS FORMAT	9:30 - 10:30 Gentle Yoga ☺ Donna Hutchinson	8:15 - 9:15 Cardio Sculpt Steve ***
WEDNESDAY	9:30 - 10:15 LES MILLS BODYSTEP Sandi	9:30 - 10:15 LES MILLS BODYPUMP Val N./NEW	10:35 - 11:35 Pilates Adriana	9:30 - 10:30 Cycle Laurie D.	10:00 - 10:45 Aqua Arthritis Adele/NEW
	10:15-11:15 Sandi LES MILLS BODYFLOW	10:20 - 11:15 Asian Pop Dance Lily/NEW	INSTRUCTOR CHANGE	11:00 - 11:35 Silver Cycle ☺ Adele	TIME, FORMAT & INSTRUCTOR
	11:30 - 12:30 Zumba Lite Toine	11:15 - 12:15 FIT101 Al	11:40-12:00 Stretch w/Adele ☺		*** Indicates a class is in the lap pool
	ZUMBA ON 9/6, BODYCOMBAT STARTS 9/13	12:15 - 1:15 Tai Chi ☺ Aliya	2:30 - 3:30 Feldenkrais ☺ Jaclyn		Parent & Me 10:30 - 11am; Pre-register at Front Desk
	4-5 Studio 1/ Studio 2 Reserved Wellness 6:00-7:00/Cat	LES MILLS BODYPUMP 5 - 6:00/Kerri	5:00 - 6:00 / Linda Toning at the Barre		Physical Therapy 12 - 2PM
	LES MILLS BODYCOMBAT	6:00-6:25 HardCORE/Kerri	6:00 - 7:00 Gentle Yoga Debbie		
	7:00 - 8:00 NIA Susan	6:30 - 7:00 LES MILLS GRIT SERIES Patti			
	8:00 - 9:00 Bollywood Dance Uma	7:00 - 8:00 Burn, Firm & Core Patti	7:30 - 8:30 w/Del LES MILLS BODYFLOW	7:00 - 8:00 Cycle Mike	PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED

THURSDAY

STUDIO 1	STUDIO 2	STUDIO 3	CYCLE;SIGN UP FRONT DESK	AQUA
	5:45 - 6:45 Boxing Pat	SPECIAL POP UP CLASSES ON 9/21 & 9/28	DENOTES GENTLE CLASS ☺	*** Indicates a class in the lap pool
9:00 - 10:00 Step Laurie D.	9:00 - 10:00 PIYO™ Linda/NEW	9:30 - 10:30 Gentle Yoga Ruth	9:30 - 10:30 Cycle Dawn	8:15 - 9:15 Cardio Sculpt Anu***
10:00 - 11:00 Balance & Movement Adele ☺	10:00 - 11:00 LES MILLS BODYPUMP Rhonda	10:30 - 11:30/Amanda Soul Body	INSTRUCTOR CHANGE SEPT	
11:00 - 12:00 ZUMBA Tracey	11-12 Wellness Program ROOM RESERVED	BARRE FORMAT	SPECIAL CLASS 9/21 W/DRUMMER JAMES - GRATITUDE	11:30 - 12:30 Aqua Arthritis ☺ Adele
4-5:00 RESERVED GET ACTIVE	12:00 - 1:00 LES MILLS BODYPUMP Meredith/Linda	1:30 - 2:00 WELLNESS PROGRAM RESERVED		
LES MILLS BODYVIVE 5:45-6:45/Amanda	5:15 - 6:15 Bootcamp Val	4:15 - 5:45 MARTIAL ARTS RESERVED	5:30 - 6:30 Cycle w/Ladan	Swim Team 6pm - 8pm***
7:00 - 8:00/Tanya ZUMBA w/Bachata	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.
Hip Hop/NEW 8:00-9:00/Lisa	Tamara/ 7:00 - 8:00 LES MILLS BODYPUMP	7:15 - 7:45 Foam Rolling Stretch Ruth/NEW	7:00 - 8:00 Cycle Ladan	
	8-9 RESERVED	☺	SIGN UP FRONT DESK; LIMIT 15	

FRIDAY

		7:00 - 8:00 Vinyasa Yoga Nathalie	5:45 - 6:45 Cycle Mike	*** Indicates a class in the lap pool
INSTRUCTOR CHANGE SEPT	8:45-9:30 Renee LES MILLS BODYCOMBAT	8:30 - 9:30/Sandi Soul Body		8:15 - 9:15 Cardio Sculpt Steve***
INSTRUCTOR CHANGE SEPT	Lisa D 9:30-10:30 LES MILLS BODYPUMP	9:30 - 10:30 Pilates Val	INSTRUCTOR CHANGE	9:15 - 10:00 Aqua Tone Fran
9:30 - 10:30 LES MILLS BODYSTEP Sandi	10:30 - 11:35 Strength & Definition Rhonda/Sept	10:35 - 11:35 Prime of Life Yoga Shanti ☺		10:15-11:15 Aqua Balance & Tone Fran
11:45 - 12:45/Lily ZUMBA	11:30 - 12:30 Ballroom Dance Del	NO CLASS ON 9/1	12:00 - 1:00 Cycle Blair	☺ CORE, BALANCE &
TIME CHANGE		30 MINUTES HIGH INTENSITY INTERVAL		
SINGLES WELCOME! NEW FOR MONTH OF	5:30 - 6:00 LES MILLS GRIT SERIES Bob	4:30 - 6:45 MARTIAL ARTS RESERVED	5:30 - 6:30 Cycle Laurie D.	
7:00 - 8:00 Intro to Ballroom Dance Joelle/NEW 9/15 start	6:00 - 7:00 LES MILLS BODYPUMP Alison	UNHITCHED FORMAT		Swim Team 6pm - 8pm***

SATURDAY

8:45 - 9:45 STRONG Laurie D.	7:30 - 8:30/AI Soul Body	8:00 - 9:00 Hatha Yoga Donna Hutchinson	7:30 - 8:30 Cycle Colleen	
9:45 - 10 Express Stretch Laurie D.	AI/ 8:45 - 9:45 LES MILLS BODYPUMP	9:05 - 10:05/Amanda Soul Body	BARRE FORMAT; TIME CHANGE	
LES MILLS BODYVIVE Christina/Cat 10:00	10:00 - 11:15/Pat Boxing	10:15 - 11:30 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	BEGINNER - INTERMEDIATE		Swim Team 12:00-2:00pm***
12:00-1:00/Maribel Zumba for Beginners	12:15 - 1:15/AI FIT101	1:00 - 2:00/Jaclyn Feldenkrais ☺		Family Swim 3:00 - 5:00pm***
2-3pm Ballroom Dance				

SUNDAY

9:00 - 10:00 NIA Susan	9:00 - 10:00 /Meredith LES MILLS BODYPUMP	8:30 - 9:30 Power Yoga Del	8:30 - 9:30 Cycle Adonis	*** Indicates a class in the lap pool
10:00 - 11:00 ZUMBA Lily	10:05 - 10:30 Express Stretch Del	10:00 - 11:00 Gentle Pilates Phil ☺	10:00 - 11:00 Cycle Adonis	9:30 - 10:30 Aqua Tone Anu/SEPT
11:00 - 12:00 Hip Hop Lisa	10:30 - 11:30 Burn Firm & Core Laurie D.	11:10 - 12:10 / Ruth LES MILLS BODYFLOW		11:00 - 12:00 Aqua Dance Anu***
	11:30 - 12:15 Step - Mixed Levels Laurie D.	12:30 - 1:15 Meditation Ruth/Start 9/17 ☺		
	BODYSTEP ON 9/3	CLASS IS BACK!		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!