

Princeton Fitness and Wellness Center at Plainsboro

Group Exercise Schedule, Effective 9/1/17-revised 9/18

	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE;SIGN UP FRONT DESK	AQUA
MONDAY			DENOTES GENTLE CLASS 	5:45 - 6:45 Cycle Laurie D.	*** Indicates a class in the lap pool
	9:30 - 10:30 Step Amanda		9:30 - 10:30 PIYO™ Linda F.		8:15 - 9:15 Cardio Sculpt Steve***
	10:30 - 11:30 Balance & Movement Adele	 Amanda/ 10:30	10:35 - 11:35 Hatha Yoga Zoo		9:15 - 9:45 Aqua Tone Steve
	11:30 - 12:30 Zumba Gold™ Tracey	 12:00 / Donna	12:30 - 1:30 Gentle Yoga Raji		Physical Therapy 12-3:00PM
	12:30 - 1:30 Tai Chi Moshe		2:30 - 3:30 Feldenkrais Jaclyn		
	4-5:00 RESERVED GET ACTIVE	4:15 - 5:45 MARTIAL ARTS RESERVD			
	 Amanda/ 6:00	6:00 - 7:00 Boxing Pat	5:00 -6:00/Linda F.	5:30 - 6:30 Cycle Kerri	
	 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	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.	
			5:45 - 6:45 Vinyasa Yoga Linda F.		*** 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 ***
	 Laurie D/ 10:00 - 11:00	10:05 - 11:05 Hatha Yoga Del	10:00 - 11:00 PIYO™ Rhonda/NEW		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.	5:15 - 6PM/ Patti Bootcamp	6:00 - 7:00 Gentle Pilates Phil		
	7:00 -8:00/Meredith 	6:00-7:00/ Amanda September Step N'Tone	7:15-8:15/Deb Vinyasa Yoga	7:00-8:00/Ladan Cycle	Swim Team 6pm - 8pm***
	 8:00/Pam	 7:00-8:00/Maus	8-9 Studio 2/8:30 - 9:30 Studio 3 RESERVED WELLNESS		
				5:45 - 6:45 Cycle Nicole	Master Swim 6am - 7:30am***
	9:00 - 9:30 X-Press ABS Laurie D.			9:30 - 10:30 Gentle Yoga Donna Hutchinson	8:15 - 9:15 Cardio Sculpt Steve ***
9:30 - 10:15 Step & Sculpt Val B.	 AI	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 AI 	10:20 - 11:15 Asian Pop Dance Lily		11:00 - 11:35 Silver Cycle Adele		
11:30 - 12:30 Zumba Lite Adele	11:15 - 12:15 FIT101 AI	11:40-12:00 Stretch w/Adele		*** Indicates a class is in the lap pool	
	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/ 8-9 Studio 2 Reserved Wellness 6:00-7:00/Cat 	 5 - 6:00/Kerri 6:00-6:25 HardCORE/Kerri	5:00 - 6:00 / Kirsten Toning at the Barre		Physical Therapy 12 -2PM	
7:00 - 8:00 NIA Susan	6:30 -7:00 Patti	6:00 - 7:00 Gentle Yoga Debbie		PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED	
8:00 - 9:00 Bollywood Dance Uma	7:00 -8:00 Burn, Firm & Core Patti	7:30 - 8:30 w/Del 	7:00 - 8:00 Cycle Mike		

WEDNESDAY

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 Debra	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	INSTRUCTOR CHANGE	
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 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	6:10 - 7:10 Power Yoga/Mary Lou		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	INSTRUCTOR CHANGE	7:00 - 8:00 Cycle Ladan	
	8-9 RESERVED			

FRIDAY

		7:00 - 8:00 Vinyasa Yoga Nathalie	5:45 - 6:45 Cycle Mike	*** Indicates a class in the lap pool
NOT A DANCE	8:45-9:30 Renee LES MILLS BODYCOMBAT	8:30 - 9:30/Linda	UNHITCHED FORMAT	8:15 - 9:15 Cardio Sculpt Steve***
9:30 - 10:30/Linda STRONG ZUMBA	Lisa D 9:30-10:30 LES MILLS BODYPUMP	9:30 - 10:30 Pilates Val		9:15 - 10:00 Aqua Tone Fran
10:35 - 11:35 Bollywood Dance Uma	10:30- 11:30 Strength & Definition Rhonda/Sent	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		12:00 - 1:00 Cycle Blair	CORE, BALANCE &
SINGLES WELCOME! NEW FOR MONTH OF		4:30 - 6:45 MARTIAL ARTS RESERVED	5:30 - 6:30 Cycle Laurie D.	
7:00 - 8:00 Intro to Ballroom Dance Joelle/NEW	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/Al Soul Body	8:00 - 9:00 Hatha Yoga Donna Hutchinson	7:30 - 8:30 Cycle Colleen	
9:45 - 10 Express Stretch Laurie D.	Al/ 8:45 - 9:45 LES MILLS BODYPUMP	9:05 - 10:05/Amanda	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		FORMAT CHANGE TO RESTORATIVE YOGA ON 9/30 ONLY	Swim Team 12:00-2:00pm***
12:00-1:00/Maribel Zumba for Beginners	12:15 - 1:15/Al FIT101	1:00 - 2:00/Jaclyn Feldenkrais		Family Swim 3:00 - 5:00pm***
2-3pm Ballroom Dance	BEGINNER - INTERMEDIATE			

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 / Del LES MILLS BODYFLOW	INSTRUCTOR CHANGE	11:00 -12:00 Aqua Dance Anu***
	11:30 - 12:15 Step - Mixed Levels Laurie D.	12:30 - 1:15 Meditation Shirin		
		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!

GO GREEN! Save your schedule or view the schedule at www.princetonfitnessplainsboro.com