

Princeton Fitness and Wellness Center at Plainsboro

Group Exercise Schedule, Effective November 1st

	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	CARDIO CLASS INSPIRED BY YOGA MOVES	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 - 10:00 Aqua Tone Steve
	11:30 - 12:30 Zumba Gold™ Tracey	 12:00-1:00/Tamara	12:30 - 1:30 Gentle Yoga Raji		Physical Therapy 12-3:00PM
	12:30 - 1:30 Tai Chi Moshe	FIRST MONDAY EA MONTH IS INTRO TO BOXING- 11/6	2:30 - 3:30 Feldenkrais Jaclyn		
	4-5:00 RESERVED GET ACTIVE		4:15 - 5:45 MAJAL ARTS RESERVED		BARRE FORMAT
	 Amanda/ 6:00	6:00 - 7:00 Boxing Pat	5:00 - 6:00/Linda 	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.	
	TUESDAY			5:45 - 6:45 Vinyasa Yoga Linda F.	
9:00 - 10:00 Burn, Firm & Core Val B.		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			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		10:15 - 11:15 Poolates Dawn
1-2 & 4-5 RESERVED WELLNESS PROGRAM		11:30 - 12:30 WELLNESS PROGRAM			
5:15 - 6:00/Amanda Piloxing		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 Kirsten	INSTRUCTOR CHANGE	
7:00 - 8:00/Meredith 		6:00-7:00/ Amanda 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/Staff	8-9 Studio 2/8:30 - 9:30 Studio 3 RESERVED WELLNESS		SPECIAL VISUAL RIDE CLASS ON 11/14
WEDNESDAY					5:45 - 6:45 Cycle Mike G.
	9:00 - 9:30 X-Press ABS Laurie D.		9:30 - 10:30 Gentle Yoga Donna Hutchinson	INSTRUCTOR CHANGE	8:15 - 9:15 Cardio Sculpt Steve ***
	9:30 - 10:15 Step & Sculpt Val B.	9:30 - 10:15 AI	LILY IS BACK	9:30 - 10:30 Cycle Laurie D.	10:00 - 10:45 Aqua Arthritis Adele
	10:15-11:15 AI Unhitched Format	10:20 - 11:15 Asian Pop Dance Lily	11:40 - 12:00 Stretch Adele	11:00 - 11:35 Silver Cycle Adele	
	11:30 - 12:30 Zumba Lite Toine	11:15 - 12:15 FIT101 AI	12:05 - 1:00 Pilates/Adriana NEW	NEW CLASS FOR NOV	*** Indicates a class is in the lap pool
		12:15 - 1:30 Tai Chi Aliya	2:30 - 3:30 Feldenkrais Jaclyn		Parent & Me 10:30 - 11am; Pre-register at Front Desk
	4-5 Studio 2/ 6-9 Studio 2 Reserved Wellness	 5 - 5:45/Kerri		TIME CHANGE	Physical Therapy 12 -2PM
	 6:00 - 7:00/Laurie S.	5:50 - 6:25 HardCORE/Kerri	5:00 - 6:00/Linda Toning at the Barre		
	7:00 - 8:00 NIA™ Susan	6:30 - 7:30/Patti 	6:00 - 7:00 Gentle Yoga Deb W.	6:30 - 7:30 Cycle Mike	PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED
	8:00 - 9:00 Bollywood Dance Uma	NEW FORMAT	7:30 - 8:30 w/Del 		

THURSDAY

STUDIO 1	STUDIO 2	STUDIO 3	CYCLE; SIGN UP FRONT DESK	AQUA
<p>FORMAT CHANGE TO STRONG BY ZUYMBA ON 11/9</p> <p>9:00 - 10:00 Step Laurie D.</p>	<p>5:45 - 6:45 Boxing Pat</p>	<p>9:30 - 10:30 Gentle Yoga Debra K.</p>	<p>DENOTES GENTLE CLASS</p>	<p>*** Indicates a class in the lap pool</p> <p>8:15 - 9:15 Cardio Sculpt Anu***</p>
<p>10:00 - 11:00 Balance & Movement Adele</p>	<p>10:00 - 11:00 LES MILLS BODYPUMP Rhonda</p>	<p>10:35 - 11:35 Soul Body.</p>	<p>BARRE FORMAT</p>	
<p>11:00 - 12:00 ZUMBA Tracey</p>	<p>11-12 Wellness Program ROOM RESERVED</p>		<p>PLEASE REFER TO SEPARATE SCHEDULE FOR THANKSGIVING DAY, 11/23. CLUB HOURS 7AM - 1PM.</p>	<p>11:30 - 12:30 Aqua Arthritis Adele</p>
<p>4-5:00 RESERVED GET ACTIVE</p>	<p>12:00 - 1:00 LES MILLS BODYPUMP Meredith/Linda</p>	<p>1:30 - 2:00 WELLNESS PROGRAM RESERVED</p>		
<p>LES MILLS BODYVIVE. 5:45-6:45/Amanda</p>	<p>5:30 - 6:00 HardCORE ABS Val/NEW</p>	<p>4:15 - 5:45 MARTIAL ARTS RESERVED</p>	<p>5:30 - 6:30 Cycle w/Ladan</p>	<p>Swim Team 6pm - 8pm***</p>
<p>7:00 - 8:00/Tanya ZUMBA w/Bachata</p>	<p>6:00 - 6:55/ Val Burn, Firm & Core Tamara/ 7:00 - 8:00 LES MILLS BODYPUMP</p>	<p>6:00 - 7:00 Power Yoga/Mary Lou</p>	<p>7:00 - 8:00 Cycle Ladan</p>	<p>PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED; THIS IS FOR YOUR SAFETY. THANK YOU.</p>
<p>8:00 - 9:00 Hip Hop RotationTanya & Lisa</p>	<p>8-9 RESERVED</p>			

FRIDAY

<p>STUDIO CHANGE; UNHITCHED</p> <p>8:30 - 9:30/Linda Soul Body.</p>	<p>8:30 - 9:30/Renee LES MILLS BODYCOMBAT</p>	<p>7:00 - 8:00 Vinyasa Yoga Nathalie</p>	<p>5:45 - 6:45 Cycle Shaun</p>	<p>*** Indicates a class in the lap pool</p> <p>8:15 - 9:15 Cardio Sculpt Steve***</p>
<p>9:30 - 10:30 STRONG Linda/No Dance</p>	<p>9:30 - 10:30/Lisa LES MILLS BODYPUMP</p>	<p>9:30 - 10:30 Pilates Val</p>		<p>9:15 - 10:00 Aqua Tone Fran</p>
<p>10:35 - 11:35 Bollywood Dance Uma</p>	<p>10:35 - 11:20 Strength & Definition Val</p>	<p>10:35 - 11:35 Prime of Life Yoga Shanti</p>		<p>10:15-11:15 Aqua Balance & Tone Fran</p>
<p>11:45 Lily ZUMBA</p>	<p>11:30 - 12:30 Ballroom Dance Del</p>	<p>NOW A 45 MINUTE CLASS</p>	<p>12:00 - 1:00 Cycle Blair</p>	
<p>6:00 - 7:00/Susan NIA™</p>	<p>NOVEMBER IS THE WALTZ!</p>	<p>4:30 - 6:45 MARTIAL ARTS RESERVED</p>		
<p>7:00 - 8:00 Intro to Ballroom Dance Joelle</p>			<p>5:30 - 6:30 Cycle Laurie D.</p>	
<p>8:00 - 9:00 Intro to Jazz Lisa/NEW</p>	<p>6:00 - 7:00 LES MILLS BODYPUMP Allison</p>	<p>7:00 - 8:00 Restorative Yoga Linda T.</p>	<p>TOTAL RELAXATION</p>	<p>Swim Team 6pm - 8pm***</p>

SATURDAY

<p>8:45 - 9:45 STRONG Laurie D.</p>	<p>7:30 - 8:30/Al Soul Body.</p>	<p>8:00 - 9:00 Hatha Yoga Donna Hutchinson</p>	<p>7:30 - 8:30 Cycle Colleen</p>	
<p>9:45 - 10 Express Stretch Laurie D.</p>	<p>Al/ 8:45 - 9:45 LES MILLS BODYPUMP</p>	<p>9:05 - 10:05/Amanda Soul Body.</p>	<p>BARRE FORMAT</p>	
<p>LES MILLS BODYVIVE. Christina/Cat 10:00</p>	<p>10:00 - 11:15/Pat Boxing</p>	<p>10:15 - 11:15 Gentle Yoga/Veena</p>	<p>10:00 - 11:00 Cycle/Laurie D.</p>	<p>Parent & Me 11:00 - 11:30am</p>
<p>11:00 /Pam ZUMBA</p>	<p>LES MILLS BODYCOMBAT 11:15 - 12:15 Cat</p>	<p>11:30 - 12:15 Guided Meditation Shirin</p>		<p>Swim Team 12:00-2:00pm***</p>
<p>12:00-1:00/Maribel Zumba for Beginners</p>	<p>12:15 - 1:15/Al FIT101</p>	<p>1:00 - 2:00/Jaclyn Feldenkrais</p>	<p>SATURDAY, 11/4, BOXING WORKSHOP W/PAT FROM 1:30 - 4:30PM STUDIO 2. REGISTER & PAY AT FRONT DESK</p>	<p>Family Swim 3:00 - 5:00pm***</p>
<p>2:00 - 3:00/Del Ballroom Dance</p>				<p>*** Indicates a class in the lap pool</p>

SUNDAY

<p>9:00 - 10:00 NIA™ Susan</p>	<p>9:00 - 10:00 LES MILLS BODYPUMP Meredith</p>	<p>8:30 - 9:30 Power Yoga Del</p>	<p>8:30 - 9:30 Cycle Adonis</p>	<p>9:30 - 10:30 Aqua Tone Anu</p>
<p>10:00 - 11:00/Lily ZUMBA</p>	<p>10:05 - 10:30 Express Stretch Del</p>	<p>10:00 - 11:00 Gentle Pilates Phil</p>	<p>10:00 - 11:00 Cycle Adonis</p>	<p>11:00 - 12:00 Aqua Dance Anu***</p>
	<p>10:30 - 11:30 Burn Firm & Core Laurie D.</p>	<p>11:10 - 12:10 / Del LES MILLS BODYFLOW</p>	<p>SPECIAL FELDENKRAIS WORKSHOP SUNDAY 11/12; 1:30 - 4:30PM STUDIO 3 W/JACLYN. REGISTER & PAY AT FRONT DESK</p>	
	<p>11:30 - 12:15 Step - Mixed Levels Laurie D.</p>	<p>1:30 - 2:30 Yin Yoga Kirsten/11/19 ONLY</p>		<p>Family Swim 3:00 - 5:00pm***</p>

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
- * 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!