

October Group Exercise Class Descriptions - Princeton

Cardio/Aerobic Classes

Aerostep: A dynamic combination of step aerobics that will work both your body and your mind!

Barefoot Bootcamp: A barefoot training class like no other. Using just body weight to tone and strengthen your body with functional movements. Total body workout. Sneakers optional.

BODYATTACK™: Build strength and stamina in this high-energy interval class. Combine athletic aerobic movement w/strength exercises.

BODYCOMBAT™: Boost cardio fitness and benefit from total body conditioning in this martial arts-based workout.

Boxing: Jab, cross, hook, and upper cut your way to a lean sculpted body using heavy bags, boxing gloves, and boxing drills.

Cardio Kickboxing: All the moves in a regular boxing class with an emphasis on cardio and repetitive movements. We supply the gloves. You bring the sweat!

Cardio Sculpt: Using a step to reach cardio level and dumbbells for total body toning workout. Suitable for all levels.

FIT 101: Achieve cardio fitness through a variety of low impact step and floor aerobics, gain strength and muscle tone through work with free weights and improve your balance and core strength, all in 55 minutes. Beginners welcome!

GRIT™: A 30 minute High Intensity Interval Training using 3 formats - Strength, Plyometrics and Cardio. Not for the faint of hearts!

Piloxing™: Fusion of pilates, boxing and dance. Low impact cardio class to make you sweat and have fun. Class is taught in barefeet.

PIYO™: A dynamic total body cardio conditioning class inspired by yoga and pilates moves. Class is preferred in barefeet; sneakers optional.

PLYOGA & Sculpt: A fusion of high intensity intervals of cardio, plyometrics & core exercises w/yoga poses for active recovery including light weight dumbbells for balance & flexibility. Total body workout for all levels. Wear sneakers to class.

Ramping: Send your body to "booty" camp! Easy to learn, low impact cardio and butt blaster workout targeting the hips, glutes and hamstrings. The class will leave you feeling invigorated and strong!

Step N Sculpt: An energizing, step-based cardio workout that uses a height adjustable step and features cardio work to accelerate fat burning and muscle definition work to shape and tone the body - add in light weights for sculpting;

STRONG by ZUMBA™: This is not a DANCE class; A high intensity interval training class created by Zumba w/cool music. All levels welcome and modifications always offered.

Cardio/Dance Classes

Bellydance: A fun and effective way to strengthen your core with this exotic dance class. Only 30 minutes! All levels and no experience needed.

Bollywood Dance: Dances to the popular films from India to unique music and rhythms. You will fall in love with this format.

Hip Hop: Learn the latest and greatest new moves out there. Program created by Shaun T, creator of Insanity. All levels.

Intro to Ballroom Dance: Master basic steps, rhythms and partnering skills in popular dances for special occasions: merengue, rumba, cha-cha, waltz, Foxtrot, and swing. Take class with or without your own partner. We use a rotation system so singles are welcome. All levels

Piloxing™: Fusion of pilates, dance and boxing; burn calories while having fun; fitness class for all levels. Class is preferred in barefeet.

Intro to West Coast Swing/West Coast Swing: A creative and versatile style of dance. All levels of dance are invited - bring a partner or move on your own!

Zumba: An exhilarating, Latin-inspired, calorie burning fitness dance party!

Resistance, Toning, and Strength Training Classes

Balletone: Fusion-style conditioning program designed specifically for the non-dancer, blending training techniques drawn from dance, pilates and fitness. Fun class to help build core strength, muscular endurance and flexibility without using any equipment. Class is done barefoot or ballet slippers. No history of dance is needed. Low impact class.

Barefoot Bootcamp - Barefoot class using bodyweight to build strength and balance; If you like to squat and lunge, you won't be disappointed. Balance component with toning to create muscle definition while using your core muscles for 60 minutes.

Barre & Pilates: - An innovative class combining Barre work and classical Pilates with a unique and creative focus rooted in alignment, spinal articulation and deep core activation. appropriate for all levels

BODYPUMP™: The original Les Mills barbell class that strengthens your entire body! Great music will inspire you to get the results you came for! Total body weight training program.

Burn, Firm & Core - A total body workout with strength work using equipment, core, abs and sprinkles of cardio. All levels.

Express Stretch: Stretch class that will target the major muscles of the body.

Express Tone: A 30 minute express toning class using various equipment to target total body.

FIT 101: Achieve cardio fitness through a variety of low impact step and floor aerobics, gain strength and muscle tone through work with free weights and improve your balance and core strength, all in 55 minutes. Beginners welcome!

GRIT™: A 30 minute High Intensity Interval Training using 3 formats - Strength, Plyometrics and Cardio. Not for the faint of hearts!

HardCORE: A 30 minute express class focusing on lower body, core and back strength. Suitable for all levels

Ramp Strong: A toning class which uses the ramp in different ways along with additional equipment to strength and tone.

Ramp and Tone: Another format using the ramp and resistance equipment for total body toning

STS: Strength, tone, strong. A total body class using nothing but body weight to strengthen both muscle and improve agility.

Senior Strength: A 30 minute express format designed for the senior in mind. Focus is on weight training to improve muscle tone. All are welcome.

Muscle Definition: Promote definition and tone using various resistance equipment to build strength and endurance. All levels.

SoulBody Barre™: A prechoreographed "barre" class using light weights, pilates ball for total body toning. Size limited to 12 participants.

SoulBody Unhitched™: A prechoreographed "barre" class using body bar, pilates ball all done off the ballet barre. Barefeet pls.

Total Body Conditioning: Weight training and cardio class suitable for all levels using equipment & bodyweight.

X-Press ABS/HardCORE: Blast your abs from top to bottom in the core focused class!

Aqua Classes

Aqua Arthritis: Designed by the Arthritis Foundation, gentle exercises will increase flexibility, mobility and reduce stress on joints.

Aqua Tone: Use noodles, weights, gloves, boards and your own resistance to burn fat and define muscles. Ideal for the recovering athlete & members of all levels.

Balance & Tone: Class in therapy pool with focus on balance and core work with gentle movements.

Cardio Sculpt: Mid-high intensity cardio & toning workout using shallow and deep water in the lap pool.

Mind/Body Classes

Chair Yoga: Learn to move through yoga postures while seated. Helps to build strength and tone; Low impact class. No yoga experience necessary.

Feldenkrais: Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels of movement ability and aptitude.

Gentle Yoga: A simple Hatha style class. Enjoy the poses taught in a slower, more relaxed manner.

Hatha Yoga: The most traditional and familiar form of yoga. Poses are practiced and modifications are given for all levels.

Power Yoga: Experience the dynamic breathing and strong challenging pace building on traditional yoga postures. Very athletic. Yoga exp preferred.

Pilates: Strengthen your entire body while focusing on core strength and stabilization. Improve your posture while creating long lean muscles.

Qigong: Chinese exercise focusing on improving strength, flexibility balance and reducing stress. The movements are easy and natural to perform. No prior experience needed.

Restorative Yoga: A truly restful class where props like bolsters and blankets are used in yoga poses that are restorative both physically & energetically. Class size is limited to 15 participants. Pick up your ticket at the front desk. - **ON HIATUS**

Total Body Stretch: This class is designed to stretch all your muscles head to toes. For those of you who have been doing the same three stretches since HS or are very active and want to learn how better to stretch with more understanding, this class is for you. Done without music, and a focus on breathing, you will learn to deepen your understanding of stretching as you relax through this non-stop class.

Vinyasa Yoga: A flowing yoga practice that synchronizes movement and breath.

Yin Yoga: Experience new depths in postures and deeper ranges of motion while focusing on connective tissues and joints. Poses will be held longer in this class. All levels welcomed. A great addition to your exercise routine.

Cycle Classes – Require Signup before taking class. Signup Sheet avail 1 hour before class time. Class limited to 36.

Cycle: Join Johnny G certified trainers for a simulated bike ride using high-energy music, visualization and motivational strategies to meet your training goals while monitoring heart rates through three energy zones. All levels welcome. New riders should arrive 10 minutes early for set up.

Intro to Cycle: Get custom fit to a Keiser bike a have your cycle questions answered! Special class offered first quarter of each year.

Special Population (Seniors/Arthritis) Land & Water

Aqua Arthritis: Designed by the Arthritis Foundation, gentle exercises will increase flexibility, mobility and reduce stress on joints.

Foam Rolling: A self-massage using the foam roller to help stretch your fascia and muscles. Helps with muscle recovery and overall wellness.

Balance & Movement: Improve your balance while increasing strength using, bands, balls and weights. The exercises would be performed seated or standing. Beginner level.

Chair Yoga: Learn yoga postures while seated in a chair; Class will help you to focus on breathing and reducing stress while tone and strengthen your muscles. No yoga experience needed;

Feldenkrais: Comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels of movement ability and aptitude.

Gentle Yoga: A simple Hatha style class. Enjoy the poses taught in a slower, more relaxed manner

Senior Strength & Cardio: A 45 minute express format designed for the senior in mind. Focus is on weight training to improve muscle tone and we added some cardio too! All are welcome

Les Mills Classes: BODYATTACK™, BODYPUMP™, BODYCOMBAT™, GRIT™

Master Swim: Training for a triathlon? Looking to improve your form technique, speed and/or endurance? The Master Swim program, run through PFW's aquatics department will train you to become a more efficient swimmer.

Group Exercise Etiquette

* New to a class? Introduce yourself to the instructor!

* Injury prevention! **Be on time** for classes (do not enter a studio more than **5 minutes** late) and cool down/ stretch before leaving class. You may be asked to leave.

* Respect other members! Limit conversation and chit chat during classes. Wipe off your mat and equipment.

* Make class time **YOURS! No cell phone PLEASE!**

Signup Needed - Cycle* All riders must sign up at front desk before taking class. Signup sheet available 1 hour before class time. Limit 36.

Foam Rolling classes require sign up as well unless you have your own foam roller. Limit 15.

Notes*Classes and instructors are subject to change. *Sign up for Group Exercise emails at the front desk for latest updates.

Club Hours: Monday - Friday, 5am - 11pm/ Saturday & Sunday, 7am - 7pm

Questions? Contact Linda at lindaf@fitnessandwellness.org