

**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
<b>MONDAY</b>			DENOTES GENTLE CLASS	5:45 - 6:45 Cycle Laurie D.	*** Indicates a class in the lap pool
	9:30 - 10:30 Del	BODYSTEP RETURNS 11/13	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	10:30 Amanda/	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	BARRE FORMAT	
	4-5:00 RESERVED GET ACTIVE	4:15 - 5:45 MAINTENANCE ARTS RESERVE			STAY TUNED FOR SPECIAL 'POP UP' BODYFLOW CLASSES IN NOVEMBER. DATES TO BE ADVISED VIA LINDA'S EMAIL BLAST. SIGN UP FRONT DESK
	6:00 Amanda/	6:00 - 7:00 Boxing Pat	5:00 - 6:00/Linda SOUL Body	5:30 - 6:30 Cycle Kerri	
	7:00 Vin	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
<b>TUESDAY</b>	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 ***
	10:00 - 11:00 Laurie D/	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. STRONG	5:15 - 6PM/ Patti Bootcamp	6:00 - 7:00 Gentle Pilates Kirsten	INSTRUCTOR CHANGE	
	7:00 - 8:00/Meredith BODYCOMBAT	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/Patti & Val	8-9 Studio 2/8:30 - 9:30 Studio 3 RESERVED WELLNESS		
				5:45 - 6:45 Cycle Mike G.	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 ***
<b>WEDNESDAY</b>	9:30 - 10:15 Step & Sculpt Val B.	9:30 - 10:15 Al	LILY IS BACK	9:30 - 10:30 Cycle Laurie D.	10:00 - 10:45 Aqua Arthritis Adele
	11:15-11:15 Al 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 Al	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		Parent & Me 10:30 - 11am; Pre-register at Front Desk
	4-5 Studio 1/ 8-9 Studio 2 Reserved Wellness 6:00 - 7:00/Laurie S.	5 - 5:45/Kerri		TIME CHANGE	Physical Therapy 12 -2PM
	5:50 - 6:25 HardCORE/Kerri	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 STRONG	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 BODYFLOW		

**THURSDAY**

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

**FRIDAY**

		7:00 - 8:00 Vinyasa Yoga Nathalie	5:45 - 6:45 Cycle Shaun	*** Indicates a class in the lap pool
8:30 - 9:30/Linda Soul Body	8:30 - 9:30/Renee LES MILLS BODYCOMBAT	CLASS NOW 1 HOUR		8:15 - 9:15 Cardio Sculpt Steve***
9:30 - 10:30 STRONG Linda/No Dance	9:30 - 10:30/Lisa LES MILLS BODYPUMP	9:30 - 10:30 Hatha Yoga Anjani	FORMAT CHANGE STARTING 11/17	9:15 - 10:00 Aqua Tone Fran
10:35 - 11:35 Bollywood Dance Uma	10:35 - 11:20 Strength & Definition Val	10:35 - 11:35 Prime of Life Yoga Shanti		10:15-11:15 Aqua Balance & Tone Fran
11:45 Lily ZUMBA	11:30 - 12:30 Ballroom Dance Del	NOW A 45 MINUTE CLASS	12:00 - 1:00 Cycle Blair	
6:00 -7:00/Susan NIA™	NOVEMBER IS THE WALTZ!			
7:00 -8:00 Intro to Ballroom Dance Joelle		4:30 - 6:45 MARTIAL ARTS RESERVED	5:30 - 6:30 Cycle Laurie D.	
8:00 -9:00 Intro to Jazz Lisa/NEW	6:00 -7:00 LES MILLS BODYPUMP Alison	7:00 - 8:00 Restorative Yoga Linda T.	TOTAL RELAXATION	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	
LES MILLS BODYVIVE Christina/Cat 10:00	10:00 - 11:15/Pat Boxing	10:15 - 11:15 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	11:30 - 12:15 Guided Meditation Shirin		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***
2:00 - 3:00/Del Ballroom Dance				*** Indicates a class in the lap pool

**SUNDAY**

9:00 - 10:00 NIA™ Susan	9:00 - 10:00 LES MILLS BODYPUMP Meredith	8:30 - 9:30 Power Yoga Del	8:30 - 9:30 Cycle Adonis	9:30 - 10:30 Aqua Tone Anu
10:00 - 11:00/Lily ZUMBA	10:05 - 10:30 Express Stretch Del	10:00 - 11:00 Gentle Pilates Phil	10:00 - 11:00 Cycle Adonis	11:00 -12:00 Aqua Dance Anu***
	10:30 - 11:30 Burn Firm & Core Laurie D.	11:10 - 12:10 / Del LES MILLS BODYFLOW		
	11:30 - 12:15 Step - Mixed Levels Laurie D.			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!