

Princeton Fitness and Wellness Center

Group Exercise Schedule Effective Jan 1st

	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4 (Upstairs)	CYCLE-Sign up Front Desk	AQUA	
MONDAY	5:45 - 6:45 Boxing Pat				5:30 - 6:30 Cycle Tori	*** Indicates a class in the lap pool.	
	8:30 AI BODYPUMP	9:00 - 9:30 Ramp Strong Rita					
	9:30 Martina BODYATTACK	9:30 - 10:15 Ramping Rita	9:30 - 10:30 Pilates Patti	9:30 - 10:45 Power Yoga Carrie	9:15 - 10:15 Cycle Tony		
	10:30 - 11:30 Hip Hop Tanya/Vin	1/8 FORMAT CHANGE TO ZUMBA W/LILY	10:30 - 11:30 Lt Latin Dance Leslie			10:45 - 11:45 Aqua Tone Martina	
	11:30 - 12/No class 1/R Bellydance Tanya/Vin	11:35 - 12:50 Chair Yoga Jayadeva 😊			MONDAY, NEW YEARS DAY, 1/1 - CLUB HOURS 7AM -1PM. SEE SEPARATE GROUP FITNESS SCHEDULE		
	12:15 - 1:15/AI BODYPUMP	1:00 - 2:00 RESERVED FOR WELLNESS	12:30 - 1:30 Feldenkrais Jaclyn				
	5:15 - 6:00/Patti F. BODYPUMP	5:15 - 6:15 Ramp & Tone Rita		NEW CLASS FOR JANUARY - STARTS 1/8			
	6:05 - 6:30 Tabata Patti F.	5:15 - 6:15 Ramp & Tone Rita	5:00 - 6:15 Hatha Yoga Donna		6:00 - 7:00 Cycle Sharon	6:00 - 7:00 Cardio Sculpt Anu***	
	6:30 - 6:45/Patti F. Stretch	NEW HITT FORMAT		6 - 7:00/Kirsten Pilates/NEW	😊	DENOTES GENTLE CLASS	
	7:00 - 8:00 BODYPUMP Camille		7:00 - 8:00 BODYATTACK Richard	7:00 - 8:15 Vinyasa Flow Yoga Joelle	FOR YOUR SAFETY, PLEASE DO NOT ENTER THE STUDIOS 5 MINUTES AFTER CLASS HAS STARTED		
BODYPUMP 5:45 Patti F./Tori	NO CLASS ON 1/2	NO CLASS ON 1/2	5:45 - 7:00 Power Yoga Maria/Cheryl	INSTRUCTOR ROTATION FOR JANUARY			
8:30 - 9:30 Hatha Yoga Linda F.	INSTRUCTOR CHANGE						
TUESDAY	9:35 - 10:15/Patti F. BODYPUMP	9:00 - 10:00 Cardio Kickboxing Pat	9:30 - 10:30 PIYO™ Linda F.	CARDIO CLASS WITH YOGA MOVES	9:15 - 10:15 Cycle Kerri	MASTER SWIM 6 7:30AM	
	10:20 - 11:15 ZUMBA Lily	10:45 - 11:45 Soul Body Linda F.				9:15 - 10:00 Cardio Sculpt Fran***	
	11:15 - 12:10 Balance & Movement Adele 😊	LOW IMPACT; BEGINNER LEVEL				10:00 - 10:30 Aqua Tone Fran	
	12:15 - 1:20 Gentle Yoga Linda F. 😊					10:30 - 11:15 Aqua Balance & Tone Fran 😊	
	1:30 - 2:30 Feldenkrais Jaclyn 😊	STUDIO CHANGE FOR JANUARY; LESSON PLAN IS IN THE CHAIR - SEAED					
	2:35 - 3:35 Pilates Jaclyn 😊						
	5:00 - 6:00 FIT 101 Rita	ON JAN 2 & JAN 9 FORMAT IS BODYSTEP	5:00 - 6:15 Hatha Yoga Donna	NEW TO CYCLE? INTRO MONTH - 1/16 ONLY!		Physical Therapy 12:00 - 2:00pm	
	6:15 - 7:15/Vin ZUMBA	6:00 - 6:45 Balletone Rita			6:00 - 6:45 Intro to Cycle Blair		
	7:15 - 8:15 Step & Sculpt Vin	7:00 - 8:00 Toning at the Barre Chrissy/NEW	FORMAT, TIME & INSTRUCTOR CHANGE		7:00 - 8:00 Cycle Blair	Swim Team 6:30 - 9:00***	
					5:30 - 6:30 Cvcle Tori		
WEDNESDAY	8:00 - 8:55 BoogieTone Rita	9:00 - 9:30 Ramp Strong Rita	8:00 - 9:00/Linda F. BODYFLOW	STUDIO 4 ON 1/24			
	9:00 - 10:00 STRONG Linda	9:30 - 10:15 Ramping Rita	9:00 - 10:00 STS Pat	STRENGTH, TONE, STRONG	9:15 - 10:15 Cycle Colleen	9:30 - 10:30 Aqua Tone Martina	
	10:15 - 11:15 BODYPUMP Linda F.	10:15 - 11:15 Pilates Patti		STUDIO 4 ON 1/24		10:35 - 11:35 Aqua Arthritis Susan 😊	
	11:30 - 12:15 Intro to BodyPump Linda F./1/17 ONLY	11:20 - 12:10 Gentle Tai Chi Jaclyn 😊					
		2:00 RESERVED FOR WELLNESS					
	5:00 - 6:00 BODYPUMP Camille	5:15 - 6:00 Ramping Rita					
	6:00 - 6:55 Bollywood Dance Bahita/NEW	6:00 - 6:55 BoogieTone Rita			6:30 - 7:30 Cycle Sarah D.	FOR YOUR SAFETY, PLEASE DO NOT ENTER THE STUDIOS 5 MINUTES AFTER CLASS HAS STARTED	
	7:00 - 8:00/Rhonda BODYPUMP	NEW CLASS FOR JANUARY		7:00 - 8:15 Power Yoga Mary Lou			

THURSDAY

FRIDAY

SATURDAY

SUNDAY

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4 (Upstairs)	CYCLE-Sign up front desk	AQUA
5:45-6:45 PLYOGA & Sculpt Kirsten	7:00-8:00/AI 	UNHITCHED FORMAT. TOTAL BODY TONING			*** Indicates a class in the lap pool.
8:15 - 9:15 w/AI 	8:30 - 9:15 Balletone Rita			9:15- 10:15 Cycle Nancy	6-7:30am Masters Swim
9:15 - 10:15 Stepin' Style Vin	9:30 - 10:30 FIT 101 Rita	9:30 - 10:45 Power Yoga Del	NEW TO CYCLE? INTRO MONTH - 1/18 ONLY!	11:15 - 12:00 Intro to Cycle Tony/1/18 ONLY	10:00 - 11:00 Aqua Tone Anu
10:15 - 11:00 Muscle Definition Vin	JAN 4 & JAN 11 CLASS IS 45 MINUTES!	10:45 - 11:00 Meditation Del		12:15 - 1:15 Cycle Tony	
11:00/Vin 	11:35 - 12:50 Chair Yoga Javadeva	😊			
😊 12:15 - 1:20 Gentle Yoga Lorraine	3:45 - 4:45 Pilates Linda M.				Physical Therapy 12:00 - 2:00pm
😊	5:00 - 6:00 Total Body Stretch Linda M.	5:00 - 6:15 Hatha Yoga Donna			5:30 - 6:15 Aqua Sculpt Fran
😊 6:00 Tracey		6:30-7:30/Phil 	UNHITCHED FORMAT. TOTAL BODY TONING	6:15 - 7:15 Cycle Sharon	DENOTES GENTLE CLASS 😊 Swim Team 6:30- 9:00pm***
 5:45 Tori			5:45 - 7:00 Power Yoga Mary Lou	6:50 - 7:50 Cycle Sarah D.	
8:30 - 9:30 Freestyle Step Vin	8:00 - 8:55 BoogieTone Rita	8:30 - 9:00 HardCORE Kerri			
 9:30 Patti F.	9:00 - 10:00 FIT101 Rita	9:30 - 10:30 Pilates Linda M.	9:30 - 10:45 Power Yoga Lorraine	9:15 - 10:15 Cycle Kerri	9:00 - 10:00 Cardio Sculpt Alexis***
10:35 - 11:25 Jeanette	10:30 - 11:30 AI	TOTAL BODY TONING		😊	10:00 - 11:00 Aqua Arthritis Alexis
11:30 - 12:10 Senior Strength & Cardio Martina		😊 11:45 - 12:45 Qigong Arthur	STUDIO 2 on 1/12		
 12:15 AI					
	NEW DANCE CLASS FOR JANUARY		INTRO MONTH - 1/19 ONLY!		
5:00 - 6:00 Asian Pop Dance Lily/NEW		5:40 - 6:25 Intro to Yoga Robin D./1/19			Swim Team 6:30- 9:00pm***
 6:30/Camille		6:30 - 7:45 Yin Yoga Robin D.	ON 1/6 & 1/13, TIME CHANGE TO 9AM IN STUDIO 1	INSTRUCTOR CHANGE JANUARY	
7:30 - 8:45 Boxing Pat	8:00 - 9:15 Hatha Yoga Rhonda	 8:30/ Martina	7:15 - 8:30 Power Yoga Christine G.	7:30 - 8:30 Cycle James	AQUATICS Swim for Fitness*** 7:30 - 9:00
9:00 - 10:10 Aerostep/Vin 1/6 & 1/13 - BodyAttack	9:20 - 9:55 HardCORE Kerri	9:30 - 10:30 Pam	9:05 - 10:05 Pilates Phil	9:00 - 10:00 Cycle Tori	9-9:45 Cardio Sculpt Anu ***
 10:15 Kerri	10:00 - 11:00 Patti F.	10:35 - 11:35 Piloxing Amanda	10:30 - 11:15 Intro to Yoga Joelle/1/13 ONLY	10:10 - 11:10 Cycle Sharon	9:45 - 10:30 Aqua Tone Anu
11:20 Meredith 	11:00 - 11:25 Tabata Patti F.	11:40 - 12:55 Gentle Yoga Shanti	😊	JOIN US FOR LES MILLS LAUNCH AND ANNUAL CHILI COOKOFF ON SATURDAY 1/20/18	Parent & Me 10:30 - 11:00 \$ Swim Team 12:00 - 2:30*** Family Swim 3:00-5:00***
12:20 - 1:20 Maria	NEW HITT FORMAT	STUDIO CHANGE JANUARY	INTRO MONTH - 1/13 ONLY!		
 7:25 Patti	NEW CLASS STARTS 1/14	INTRO MONTH - 1/7 ONLY - STUDIO 1	STUDIO 2 ON 1/21	PLEASE DO NO ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED. THANK YOU.	
8:30 - 9:30 FIT 101 AI/Start 1/14	8:30 - 9:15 Intro to BodyPump Patti F./ 1/7 ONLY	8:15 - 9:30 Hatha Yoga Robin		8:30 - 9:30 Cycle Ladan	9:30 - 10:30 Cardio Sculpt Alexis***
9:30-10:30/Linda F. Barefoot Bootcamp	9:30 - 10:30 Muscle Definition Pat	9:45 - 10:45 Beginner Yoga Robin D.	😊		
10:30 - 11:30/Linda F 	LEARN THE TANGO!	11:00 - 12:15 Gentle Yoga Poonam/Monica	😊	10:00 - 11:00 Cycle Tori	SPECIAL VISUAL RIDE EVERY 2ND SUNDAY OF THE MONTH - ON 1/14 ONLY
11:35 - 12:35/Pam 	11:45 - 1:00 Power Yoga Linda F.		STUDIO 4 ON 1/21		
12:35 - 1:30 Intro to Ballroom/Joelle		SPECIAL MIND/BODY YOGA WORKSHOP ON 1/21 ONLY			
1:30 - 2:15/2:15 - 3:30 Intro to WCS/WCS Dara	1:15 - 2:15/Anjani Yoga for Stress Management	😊			AQUATICS Family Swim *** 3:00-5:00