

# Princeton Fitness and Wellness Center at Plainsboro

## Group Exercise Schedule, January 1st

	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE;SIGN UP FRONT DESK	AQUA	
<b>MONDAY</b>		NEW 30 MIN HITT FORMAT	DENOTES GENTLE CLASS 😊	5:45 - 6:45 Cycle Laurie D.	*** Indicates a class in the lap pool	
	9:30 - 10:30 <b>LES MILLS BODYSTEP</b> Del	9:00 - 9:25 Tabata Linda/NEW	9:30 - 10:30 <b>LES MILLS BODYFLOW</b> Linda		8:15 - 9:15 Cardio Sculpt Steve***	
	10:30 - 11:30 Balance & Movement 😊 Adele	<b>LES MILLS BODYVIVE</b> Amanda/ 10:30	10:35 - 11:35 Hatha Yoga Zoo	WHAT IS TABATA? IT'S A HIGH INTENSITY INTERVAL TRAINING CLASS THAT IS 20 MINUTES IN DURATION - ADD WARM UP AND COOL DOWN FOR 30 MIN CLASS.	9:15 - 10:15 Aqua Tone Steve 😊	
	11:30 - 12:30 Zumba Gold™ 😊 Tracey	<b>LES MILLS BODYPUMP</b> Tamara	12:30 - 1:30 Gentle Yoga Raji 😊		Physical Therapy 12-3:00PM	
	12:30 - 1:30/Moshe Tai Chi	1:15 - 2:00 <b>INTRO TO BODYPUMP</b> Tamara/1/22 ONLY	2:30 - 3:30 Feldenkrais 😊			
	FIRST MONDAY EA MONTH IS INTRO TO BOXING- 1/8	4:45 - 5:45 RESE	SPECIAL INTRO CLASS ON 1/22 ONLY	1/29 FORMAT CHANGE RESTORATIVE YOGA		
	<b>LES MILLS BODYVIVE</b> Amanda/ 6:00	6:00 - 7:00 Boxing Pat	5:00 - 6:00/Linda <b>Soul Body</b>	5:30 - 6:30 Cycle Kerri	SPECIAL INTRO CLASS ON 1/8 ONLY	
<b>ZUMBA</b> Vin 7:00	7:00 - 7:30/Pat STS (Strength, Tone, Strong)	6:15 - 7:15RESERVED	6:45 - 7:30 <b>INTRO TO CYCLE</b> Kerri/1/8 ONLY			
8:00 - 9:00 Belly Dance Vin/Tanya NEW	7:30 - 8:00 Tabata Pat/New	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.			
<b>TUESDAY</b>			5:45 - 6:45 Vinyasa Yoga Nathalie		*** Indicates a class in the lap pool	
	9:00 - 10:00 Burn, Firm & Core Val B.	9:30 - 10:00 X-Press ABS Laurie D.	INSTRUCTOR CHANGE FOR JANUARY	9:30 - 10:30 Cycle Blair	8:15 - 9:15 Cardio Sculpt Steve ***	
	<b>ZUMBA</b> 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 - 11:00 Poolates Dawn	
	1-2 & 4-5 RESERVED WELLNESS PROGRAM	11:30 - 12:30 WELLNESS PROGRAM				
	INSTRUCTOR CHANGE FOR JANUARY	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 /Linda <b>STRONG</b>	5:15 - 6PM/ Patti Bootcamp	6:00 - 7:00 Gentle Pilates Kirsten			
	7:00 -8:00/Meredith <b>LES MILLS BODYCOMBAT</b>	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***	
	<b>ZUMBA</b> 8:00/Pam	<b>LES MILLS BODYPUMP</b> 7:00-8:00/Val	8-9 Studio 2/8:30 - 9:30 Studio 3 RESERVED WELLNESS	SPECIAL VISUAL RIDE CLASS ON 1/9		
	9:00 - 9:30 X-Press ABS Laurie D.	STUDIO 2 ON 1/17 ONLY		5:45 - 6:45 Cycle Mike G.	Master Swim 6am - 7:30am***	
8:45 - 9:25 <b>INTRO TO STEP</b> Val B./1/17 ONLY	SPECIAL INTRO CLASS ON 1/17 ONLY	EXPRESS FORMAT		8:15 - 9:15 Cardio Sculpt Steve ***		
<b>WEDNESDAY</b>	9:30 - 10:15 Step & Sculpt Val B.	9:30 - 10:15 <b>LES MILLS BODYPUMP</b> Al	9:30 - 10:30 Gentle Yoga Donna Hutchinson 😊	9:30 - 10:30 Cycle Laurie D.	10:00 - 10:45 Aqua Arthritis Adele 😊	
	10:20 - 11:15 Asian Pop Dance Lily	NEW FORMAT JANUARY	10:35 - 11:35 <b>LES MILLS BODYFLOW</b> Amanda	ONLY 30 MINUTES		
	11:30 - 12:30 Bollywood Dance Babita/NEW	11:15 - 12:15 FIT 101 Al	11:40 - 12:00 Express Stretch Adele 😊	11:00 - 11:35 Silver Cycle Adele 😊	*** Indicates a class is in the lap pool	
	BLEND OF DANCE, BOXING & PILATES 😊	12:15 - 1:30 Tai Chi Aliya	12:05 - 1:00 Pilates Adriana		Parent & Me 10:30 - 11am; Pre-register at Front Desk	
	4-5 Studio 1 Studio 2 Reserved Wellness	<b>LES MILLS BODYPUMP</b> 5 - 5:45/Kerri	2:30 - 3:30/Jaclyn Feldenkrais 😊		Physical Therapy 12 -2PM	
	6:00 - 7:00 Piloxing Amanda/Jan	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 <b>STRONG</b>	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	7:35 - 8:05 Tabata Patti E.	7:30 - 8:30 w/Del <b>LES MILLS BODYFLOW</b>			

	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE;SIGN UP FRONT DESK	AQUA
THURSDAY		5:45 - 6:45 Boxing Pat <i>NEW CARDIO CLASS</i>		DENOTES GENTLE CLASS 	*** Indicates a class in the lap pool
	9:00 - 10:00 Step Laurie D.	9:00 - 10:00 PIYO™ Rhonda/NEW	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 <b>LES MILLS BODYPUMP</b> Rhonda	10:35 - 11:35 <b>Soul Body.</b> Amanda		
	11:00 - 12:00  Tracey	11-12 Wellness Program ROOM RESERVED	<i>BARRE FORMAT</i>		11:30 -12:30 Aqua Arthritis Adele
		12:00 - 1:00 <b>LES MILLS BODYPUMP</b> Meredith/Linda	1:30 - 2:00 WELLNESS PROGRAM RESERVED		
	<b>LES MILLS BODYVIVE</b> 5:45-6:45/Amanda	5:30 - 6:00 HardCORE ABS Val/NEW	4:15 - 5:45 RESERVED	5:30 - 6:30 Cycle Ladan	Swim Team 6pm - 8pm***
	7:00 - 8:00  Tanya	6:00 - 6:55/ Val Burn, Firm & Core Tamara/ 7:00 - 8:00	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 Asian Pop Dance Lily/NEW	<b>LES MILLS BODYPUMP</b> 8-9 RESERVED		7:00 - 8:00 Cycle Ladan		
	8:30 - 9:30/Renee <b>LES MILLS BODYCOMBAT</b>	7:00 - 8:00 Vinyasa Yoga Nathalie	5:45 - 6:45 Cycle Shaun	*** Indicates a class in the lap pool	
9:30 - 10:30 <b>STRONG</b> Linda	9:30 - 10:30/Lisa <b>LES MILLS BODYPUMP</b>	8:30 - 9:30 Toning at the Barre Chrissy/NEW <i>INSTRUCTOR CHANGE JANUARY</i>		8:15 - 9:15 Cardio Sculpt Steve***	
10:35 - 11:35 Bollywood Dance Uma	10:40 - 11:25 <b>LES MILLS BODYSTEP</b> Del/ NEW	9:30 - 10:30 Hatha Yoga Anjani		9:15 - 10:00 Aqua Tone Fran	
11:45 - 12:45/Lily 	11:30 - 12:30 Ballroom Dance Del	10:35 - 11:35 Prime of Life Yoga Shanti		10:15-11:15 Aqua Balance & Tone Fran	
			12:00 - 1:00 Cycle Blair		
6:00 - 7:00/Susan NIA	<i>JANUARY DANCE IS TANGO</i>	<i>SPECIAL INTRO CLASS 1/12 ONLY</i>			
7:00 -8:00 Intro to Ballroom Dance Joelle	5:15 - 5:55 INTRO TO BODYPUMP Alison/1/12 ONLY	4:30 - 6:00 RESERVED	5:30 - 6:30 Cycle Laurie D.		
8:00 -9:00 Intro to Jazz Lisa	6:00 -7:00 <b>LES MILLS BODYPUMP</b> Alison	6:00 7:00 Restorative Yoga Linda T.	<i>TIME CHANGE; TOTAL RELAXATION</i>	Swim Team 6pm - 8pm***	
8:45 - 9:45 <b>STRONG</b> Laurie D.	7:30 - 8:30/AI <b>Soul Body.</b>	8:00 - 9:00 Hatha Yoga Donna Hutchinson	8:30 - 9:30 Cycle Colleen	JOIN US ON SAT. 1/20 FOR LES MILLS LAUNCH WITH NEW MUSIC & CHOREOGRAPHY & ANNUAL CHILI COOKOFF!	
9:45 - 10 Express Stretch Laurie D.	AI/ 8:45 - 9:45 <b>LES MILLS BODYPUMP</b>	9:05 - 10:05/Amanda <b>Soul Body.</b>	<i>TIME CHANGE</i>		
<b>LES MILLS BODYVIVE</b> Christina/Cat 10:00	10:00 - 11:15/Pat Boxing	10:15 - 11: Gentle Yoga/Veena	10:00 - 11:00 Cycle/Laurie D.	Parent & Me 11:00 - 11:30am	
11:00 /Pam 	<b>LES MILLS BODYCOMBAT</b> 11:15 - 12:15 Cat	11:30 - 12:15 Guided Meditation Shirin	11:15 - 12:00 INTRO TO CYCLE Laurie D/1/6 ONLY	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	<i>SPECIAL INTRO CLASS ON 1/6 ONLY</i>	Family Swim 3:00 - 5:00pm***	
2:00 - 3:00/Del Ballroom Dance		<i>NOW 2 CLASSES</i>		*** Indicates a class in the lap pool	
9:00 - 10:00 NIA™ Susan	9:00 - 10:00 <b>LES MILLS BODYPUMP</b> Meredith	8:00 - 8:55 Power Yoga Del	8:30 - 9:30 Cycle Adonis	9:30 - 10:30 Aqua Tone Anu	
10:00 - 11:00/Lily 	10:05 - 10:30 Express Stretch Del	9:00 - 9:55 Power Yoga Del	10:00 - 11:00 Cycle Adonis	10:35 - 11:35 Aqua Dance Anu***	
11:00 - 12:00 Laughter Yoga Poonam/1/14 ONLY	10:30 - 11:30 Burn Firm & Core Laurie D.	10:00 - 11:00 Gentle Pilates Phil	<i>SPECIAL INTRO CLASS STUDIO 3. 1/7 ONLY</i>		
<i>WANT TO LAUGH! CHECK THIS CLASS OUT. 1/14 ONLY. BRING A FRIEND.</i>	11:30 - 12:15 Step - Mixed Levels Laurie D.	11:10 - 12:10 / Del <b>LES MILLS BODYFLOW</b>	1:00 - 2:00 INTRO TO YOGA Veena/1/7 ONLY	Family Swim 3:00 - 5:00pm***	