

MONDAY

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4 (Upstairs)	CYCLE-Sign up Front Desk	AQUA
5:45 - 6:45 Boxing Pat	7:30 - 8:15 INTRO TO BODYPUMP AI/2/12 ONLY	7:00 - 8:00/Rhonda LES MILLS BODYFLOW	NEW CLASS STARTING FEB 12TH	5:30 - 6:30 Cycle Tori	*** Indicates a class in the lap pool.
8:30 AI LES MILLS BODYPUMP	9:00 - 9:30 Ramp Strong Rita	INTRO MONTH - 2/12 ONLY; STUDIO 1			SPECIAL MOTOWN RDE ON 2/12
9:30 Martina LES MILLS 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 Vin	ON 2/12 & 2/19, FORMAT CHANGE TO STRONG BY ZUMBA			10:30 - 11:15 INTRO TO CYCLE Tony/2/19	10:45 - 11:45 Aqua Tone Martina
11:30 - 12:00 Bellydance Vin	11:35 - 12:50 Chair Yoga Jayadeva 😊			INTRO MONTH - 2/19 ONLY;	
12:15 - 1:15/AI LES MILLS BODYPUMP	1:00 - 2:00 RESERVED FOR WELLNESS	12:30 - 1:30 Feldenkrais Jaclyn			
5:15 - 6:00/Patti F. LES MILLS BODYPUMP	4:30 - 5:15 INTRO TO BODYPUMP Patti F./2/19 ONLY	INTRO MONTH - 2/19 ONLY; STUDIO 1			
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	STUDIO CHANGE FEBRUARY		6 - 7:00/Kirsten Pilates	😊	DENOTES GENTLE CLASS
7:00 - 8:00 LES MILLS BODYPUMP Camille	7:00 - 8:15 Vinyasa Flow Yoga Joelle	7:00 - 8:00 LES MILLS BODYATTACK Richard		FOR YOUR SAFETY, PLEASE DO NOT ENTER THE STUDIOS 5 MINUTES AFTER CLASS HAS STARTED	

TUESDAY

5:45 Patti F./Tori LES MILLS BODYPUMP	NEW		5:45 - 7:00 Power Yoga Denise		
8:30 - 9:00/Patti F. Tabata First class 2/13	TIME & INSTRUCTOR CHANGE	8:30 - 9:30 Hatha Yoga Linda F.	STUDIO CHANGE FEBRUARY		
9:15 - 10:15 LES MILLS 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 7:30AM
10:20 - 11:15 Lily	10:45 - 11:45 Soul Body Linda F.				9:15 - 10:00 Cardio Sculpt Fran ***
11:15 - 12:10 Balance & Movement Adele	MARDI GRAS CELEBRATION 2/13				10:00 - 10:30 Aqua Tone Fran
12:15 - 1:20 Gentle Yoga Linda F.	😊	1:30 - 2:30 Feldenkrais Jaclyn	STUDIO CHANGE FEBRUARY		10:30 - 11:15 Aqua Balance & Tone Fran 😊
2:35 - 3:35 Pilates Jaclyn	😊				
5:00 - 6:00 FIT 101 Rita		5:00 - 6:15 Hatha Yoga Donna	INTRO MONTH - 2/13 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/2/13 ONLY	
7:15 - 8:15 Step & Sculpt Vin	7:00 - 8:00 Toning at the Barre Chrissy			7:00 - 8:00 Cycle Blair	Swim Team 6:30 - 9:00***

WEDNESDAY

	TIME CHANGE			5:30 - 6:30 Cycle Tori	
8:00 - 8:55 BoogieTone Rita	9:00 - 9:30 Ramp Strong Rita	8:00 - 9:00/Linda F. LES MILLS BODYFLOW			
9:10 - 10:10 STRONG Linda F.	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 LES MILLS BODYPUMP Linda F.	10:15 - 11:15 Pilates Patti				10:35 - 11:35 Aqua Arthritis Susan 😊
12:15 - 1:20 Gentle Yoga Shirin/NEW	11:20 - 12:10 Gentle Tai Chi Jaclyn				
😊	NEW CLASS FOR FEBRUARY	RESERVED WELLNESS			
5:00 - 6:00 LES MILLS BODYPUMP Camille	5:15 - 6:00 Ramping Rita				
6:00 - 6:55 Bollywood Dance Babita	6:00 - 6:55 BoogieTone Rita	NEW CARDIO CLASS FOR FEBRUARY		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 LES MILLS BODYPUMP	7:00 - 8:00/Vishal LES MILLS BODYCOMBAT		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		SPECIAL MOTOWN RDE ON 2/15	10:00 - 11:00 Aqua Tone Anu
10:15 - 11:00 Muscle Definition Vin		10:45 - 11:00 Meditation Del 😊		12:15 - 1:15 Cycle Tony	
11:00/Vin 	11:35 - 12:50 Chair Yoga 😊 Jayadeva				Physical Therapy 12:00 - 2:00pm
😊 12:15 - 1:20 Gentle Yoga Lorraine	3:45 - 4:45 Pilates Linda M.				5:30 - 6:15 Aqua Sculpt Fran
😊 5:00 - 6:00 Total Body Stretch Linda M.		5:00 - 6:15 Hatha Yoga Donna			
 6:00 Tracey 7:00 Vishal		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	😊 10:35 - 11:35 Qigong Arthur	TIME CHANGE FEBRUARY		10:00 - 11:00 Aqua Arthritis Alexis 😊
11:30 - 12:10 Senior Strength & Cardio Martina					
 12:15 AI					FOR YOUR SAFETY, PLEASE DO NOT ENTER THE STUDIOS 5 MINUTES AFTER CLASS HAS STARTED
	CELEBRATE LUNAR NEW YEAR ON 2/16		INTRO MONTH 2/16 ONLY		
5:00 - 6:00 Asian Pop Dance Lily		5:40 - 6:25 Intro to Yoga Robin D./2/16			Swim Team 6:30- 9:00pm***
 6:30/Camille		6:30 - 7:45 Yin Yoga Robin D.			
7:30 - 8:45 Boxing Pat	8:00 - 9:15 Hatha Yoga Rhonda	 8:30/ Martina	7:15 - 8:30 Power Yoga Denise	7:30 - 8:30 Cycle James	AQUATICS Swim for Fitness*** 7:30 - 9:00
9:00 - 10:10 Aerostep Vin	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/2/3 ONLY	10:10 - 11:10 Cycle Sharon	9:45 - 10:30 Aqua Tone Anu
11:20 Meredith 12:20 - 1:20 Maria	11:00 - 11:25 Tabata Patti F.	11:40 - 12:55 Gentle Yoga Shanti	INTRO MONTH 2/3 ONLY	INTRO TO MINDFULNESS FOR WELL BEING STARTS 2/17 - 3/24. 1-2PM STUDIO 2. \$150/MEMBER; \$200/NONMEMBER	Parent & Me 10:30 - 11:00 \$ Swim Team 12:00 - 2:30*** Family Swim 3:00-5:00***
 7:25 Patti	STUDIO 2 ON 2/18 ONLY	INTRO MONTH -2/18 ONLY!	STUDIO 2 ON 2/11	INTRO MONTH 2/18 ONLY	PLEASE DO NO ENTER THE STUDIO 5 MINUTES AFTER CLASS HAS STARTED. THANK YOU.
8:30 - 9:30 FIT 101 AI	8:30 - 9:15 INTRO TO BODYPUMP Patti / 2/18 ONLY	8:15 - 9:30 Hatha Yoga Robin	STUDIO 4 ON 2/11	7:30 - 8:15 Intro to Cycle Ladan/ 2/18 ONLY	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.	😊😊😊 STUDIO 4 ON 2/11	8:30 - 9:30 Cycle Ladan	SPECIAL VISUAL RIDE EVERY 2ND SUNDAY OF THE MONTH - ON 2/11 ONLY
10:30 - 11:30/:Linda F 11:35 - 12:35/Pam 	11:00 - 11:30/2/4 only Info Session on Intro to Mindfulness	11:00 - 12: Gentle Yoga Poonam/Monica	😊😊😊 12:30 - 1:15 INTRO TO YOGA Monica/ 2/25 ONLY	10:00 - 11:00 Cycle Tori	
12:35 - 1:30 Intro To Ballroom/Joelle	11:45 - 1:00 Power Yoga Linda F.	MIND/BODY WORKSHOP - VALENTINE'S DAY - PARTNER YOGA W/CHRISTINE G. 1:15 - 2:30PM BRING A FRIEND SPOUSE CHILD ETC	😊😊😊 SPECIAL MIND/BODY YOGA WORKSHOP ON 2/11 ONLY	INTRO MONTH 2/25 ONLY	
1:30 - 2:15/2:15 - 3:30 Intro to WCS/WCS Dara	LEARN THE RAMBA				AQUATICS Family Swim *** 3:00-5:00

Please do not enter the studio 5 minutes after class is in session. Thank you.

GO GREEN! Save your schedule or view the schedule at princetonfitnessandwellness.com!