



Enjoy a **FREE** day of access to our state-of-the-art Fitness Center!

Experience all our Center has to offer with a free day of fitness.

Enjoy health screenings, wellness information, Group Fitness classes, and a complimentary InBody Assessment. Entertain the kids and indulge in self-care stations, and more!

Don't miss this fun celebration!

**Princeton
Fitness & Wellness**

1225 State Road
Princeton, NJ 08540
609.683.7888

PrincetonFitnessandWellness.com



22 YEAR ANNIVERSARY CELEBRATION EVENT SCHEDULE

SATURDAY, MARCH 29 | 9:00AM-1:00PM

ALL-DAY ACTIVITIES			
9:00am-1:00pm	Pilates Studio Tours & Demos		Pilates Reformer Studios
9:00am-1:00pm	Health Screenings and Wellness Information <i>Provided by Princeton Health Penn Medicine</i>		Physical Therapy
9:00am-1:00pm	Balloon Animals		Main Hallway
9:00am-1:00pm	Teddy Bear Clinic		Main Hallway
9:00am-1:00pm	InBody Screenings		InBody Assessment Area
9:00am- 12:00pm	Unlock Your Best Swing: Percision TPI Analysis <i>Email taylor@fitnessandwellness.org to reserve your spot.</i>		Van Horne Park (Behind the Center)

TIME	EVENT		LOCATION
9:00am-9:55am	BODYPUMP™ with Instructor Kerri		Studio 1
9:00am-9:55am	Family BODYCOMBAT™ with Instructor Meredith <i>For ages 10 & up</i>		Studio 2
9:00am-9:55am	Gentle Yoga with Instructor Steven		Studio 3
9:00am-9:55am	Aqua Sculpt with Instructor Anu		Therapy Pool
9:00am-10:00am	Open Gym for Kids at Tumbles of Princeton		Shop in Complex
10:00am-12:00pm	Air Brush Tattoos		Main Hallway
10:00am-10:55am	Step Circuit with Instructor Marina		Studio 1
10:00am-10:55am	Vinyasa Flow with Instructor Steven		Studio 3
10:00am-10:55am	Cycle with Instructor Lauren		Cycle Studio
10:00am-10:55am	Aqua Mix with Instructor Suzette		Lap Pool
10:00am-10:30am	Sing-a-long & Storytime with Queen Elsa <i>Meet & Greet through out the center until 11:00am</i>		Studio 2
10:30am-11:00am	Family Fun Hip Hop Step with Trainer Moses <i>For ages 7 & up</i>		Studio 2
11:00am-11:55am	Total Tone with Instructor Del		Studio 1
11:00am-11:55am	Chair Yoga with Instructor Steven		Studio 3
11:00am-11:30am	Family Boxing & Conditioning Demo with Trainer Darrin <i>For ages 7 & up</i>		Studio 2
11:30am-12:00pm	RAD Women's Self Defense Demo <i>Women only, For ages 13 & up</i>		Studio 2
12:00pm-12:55pm	ZUMBA® with Instructor Yvonne		Studio 1
12:00pm-12:55pm	Family Line Dancing with Instructor Dara <i>For ages 4 & up</i>		Studio 2
12:00pm-12:55pm	Ballroom with Instructor Del		Studio 3

*Schedule may be subject to change.

Kid-friendly Station

Get social with us! Follow us and post using #Princeton22YearAnniversary

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