



Fitness FESTIVAL EVENT SCHEDULE

SATURDAY, APRIL 18 | 9:00AM-1:00PM



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

ALL-DAY ACTIVITIES			
9:00am-1:00pm	Health Screenings and Wellness Information <i>Provided by Penn Medicine Princeton Health</i>		Physical Therapy and Hallway
9:00am-1:00pm	Pilates Reformer Demos <i>Email ctramontana@fitnessandwellness.org to reserve your spot.</i>		Pilates Reformer Studios
9:00am-1:00pm	Plush Puppy Adoption		Main Hallway
9:00am-1:00pm	InBody Screenings		InBody Assessment Area

TIME	EVENT		LOCATION
9:00am-9:55am	BODYCOMBAT™		Studio 2
9:00am-9:55am	Gentle Yoga		Studio 3
9:00am-9:55am	Aqua Sculpt		Therapy Pool
9:00am-10:00am	Open Gym for Kids at Tumbles of Princeton		Shop in Complex
9:00am-11:00am	TPI Swing Lab		Fitness Floor
10:00am-10:30am	Power Plate Demo		Fitness Floor
10:00am-10:30am	Move Better: Lower Body Mobility Workshop		Studio 2
10:00am-10:55am	Step Circuit		Studio 1
10:00am-10:55am	Vinyasa Flow		Studio 3
10:00am-10:55am	Cycle		Cycle Studio
10:00am-10:55am	Aqua Mix		Lap Pool
10:00am-12:00pm	Lifeguard Pretesting <i>Email mikaylak@fitnessandwellness.org to reserve your spot.</i>		Lap Pool
10:00am-12:00pm	Aqua Adventures: Mermaids & Mateys (30 Min. Sessions) <i>Email mikaylak@fitnessandwellness.org to reserve your spot. Ages 5 & up.</i>		Therapy Pool
10:00am-12:00pm	Air Brush Tattoos		Main Hallway
10:30am-10:50am	Queen Elsa Royal Sing-Along, Dance Party, and Meet & Greet		Studio 2
11:00am-11:30am	Runner's Guide: Strength & Stability Demo		Studio 2
11:00am-11:30am	Queen Elsa Royal Story Time & Magical Activities		Childcare
11:00am-11:55am	Chair Yoga		Studio 3
11:00am-11:55am	Total Tone		Studio 1
12:00pm-12:55pm	ZUMBA®		Studio 1
12:00pm-12:55pm	Family Line Dancing with the Mayor! <i>For ages 3 & up</i>		Studio 2
12:00pm-12:55pm	Ballroom		Studio 3

*Schedule may be subject to change.

Kid-friendly Station

Get social with us! Follow us and post using #PrincetonFitFest2026

/PrincetonFitnessWellnessCenter @PrincetonFW @PrincetonFitandWell

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