


## WEST Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6:45am</b> Hard Core 30 min <b>8:00am</b> Hi-Energy Lo 60 min.		<b>6:00am</b> Abs & Glutes 45 min.	<b>6:00am</b> Body Sculpt 45 min.		<b>7:15am</b> Pilates' Intermediate 45 min.
<b>9:00am</b> Body Sculpt 55 min.	<b>9:00am</b> Power Step 60 min.	<b>8:00am</b> Body Sculpt 60 min.	<b>8:00am</b> Cardio Sculpt 60min.	<b>8:00am</b> Body Sculpt 60 min.	<b>8:00am</b> Cardio Stretch 60 min.	<b>8:00am</b> Body Sculpt 55 min.
<b>10:00am</b> Hi-Energy Low Impact 75 min.	<b>10:15am</b> Power Stretch 45 min.	<b>9:00am</b> Cardio Mix 75 min.	<b>9:00am</b> BOSU Challenge 75 min <b>10:15am</b> TurboKick 60 min.	<b>9:00am</b> Boot Camp 75 min.	<b>9:00am</b> F.I.T. Interval 75 min.	<b>8:00am</b> Outdoor Hard Core Boot Camp 60 min. <b>NEW</b>
	<b>12:00pm</b> Zumba Sculpt 60 min.		<b>12:00pm</b> Body Sculpt 60 min.		<b>12:00pm</b> Zumba 60 min.	<b>9:00am</b> Step 55 min.
<b>4:00pm</b> Zumba 55 min.	<b>4:00pm</b> Body Sculpt 55 min.	<b>4:00pm</b> TurboKick 55 min.	<b>4:00pm</b> Body Sculpt 55 min.	<b>4:00pm</b> Athletic Abs & Power Glutes 55 min.	<b>4:00pm</b> Body Sculpt 55 min.	<b>10:00am</b> Turbo Kick 75 min.
	<b>5:00pm</b> Zumba 55 min.	<b>5:00pm</b> Step 55 min.	<b>5:00pm</b> Zumba 55 min.		<b>5:00pm</b> Cardio Dance 55 min.	
	<b>6:00pm</b> Step Circuit 55min.	<b>6:00pm</b> Body Sculpt 55 min.** 	<b>6:00pm</b> Pilates' intro 45 min.	<b>6:00pm</b> Body Sculpt 55 min.** 	<b>6:00pm</b> Power Stretch 55 min.	
	<b>7:00pm</b> Pilates' Plus 45 min.	<b>7:00pm</b> Zumba 55 min.		<b>7:00pm</b> TurboKick 75 min.		

\*\*6:30pm Intro to Spin class will be the 1st Monday of every month.

## WEST Spinning®

\*\*9:00am Duathlon/Spin class will be the 1st Wednesday of every month.

	<b>6:00am</b> 60 min.		<b>6:00am</b> Spin Core 60 min.		<b>6:00am</b> 60 min.		
<b>9:30am</b> 60 min.	<b>9:00am</b> 60 min.	<b>12:00pm</b> 60 min.	<b>9:00am</b> 60 min. Spin <b>NEW</b> ***Duathlon/Spin 60 min. 1st Wednesday of Month ONLY	<b>12:00pm</b> 60 min.	<b>9:00am</b> 60 min.	<b>8:00am</b> 60 min.	
	<b>5:30pm</b> 60 min.	<b>6:00pm</b> Spin Core 75 min.	<b>5:30pm</b> 60 min.	<b>6:00pm</b> 60 min.	<b>5:30pm</b> 60 min.		
	<b>6:30pm**</b> Intro 45 min. 1st Monday of Month ONLY 	Sign up for all Spinning® classes begins 60 minutes prior to class start time and ends 10 minutes to class time at the front desk.					

# WEST *Water Aerobic & Pool Schedule*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:30am</b> Hi-Lo Aqua 60 min.	<b>8:00am</b> Hi-Lo Aqua 60 min.	<b>8:00am</b> Aqua Stretch 60 min.	<b>8:00am</b> Hi-Lo Aqua 60 min.	<b>8:00am</b> Aqua Stretch 60 min.	<b>8:00am</b> Hi-Lo Aqua 60 min.	<b>9:00am</b> Advanced Water 60 min.
<b>1:00pm</b> FAMILY SWIM 2 Hours	<b>9:00am</b> Water Intensity Training 60 min.		<b>9:00am</b> Advanced Water 60 min.		<b>9:00am</b> Water Intensity Training 60 min.	<b>10:00am</b> FAMILY SWIM 2 Hours
	<b>6:00pm</b> Advanced Water 60 min.	<b>6:00pm</b> Water Intensity Training 60 min.	<b>6:00pm</b> Interval Training 60 min.	<b>6:00pm</b> Aqua Stretch 60 min.		

# PERSONAL

# Training

Princeton Club Personal Trainers are here for You.

ARE YOU NEW TO exercise?

Have you plateaued?

Are you one of many who  
lack structured variety?

Are your workouts TOO enjoyable?

Does the thought of a new routine intimidate you?

ARE YOU  
OVERTRAINING?

ARE YOU LOOKING  
FOR HELP WITH A  
SPECIFIC ACTIVITY  
OR FUNCTIONAL  
TRAINING?

The same workout for a long period of time will create plateaus. What once was rewarding will become boring and frustrating. If you are frustrated, bored, or not improving, your fitness routine needs changing. A customized plan will help maximize the benefits for the amount of time invested. As an exerciser it is important to not only work hard, but also to work smart. Princeton Club trainers have the ability to craft a smart approach that will give you the results you have been looking for.

Starting any good habit is difficult. Unfortunately starting bad habits comes all too naturally. When a beginner joins a health club the cards may be stacked against them. Realistic goals, equipment understanding, time management, and ultimately the right workout program may be out of arms reach. Princeton Club Personal Trainers are available to help build confidence and ensure your goals are achieved. Start work towards habitual exercise by making an appointment with a trainer today.

**PRINCETON CLUB PERSONAL TRAINERS WILL HELP YOU!**

Do you  
have an  
exercise  
plan?

Do you wish  
to review your  
exercise plan to  
ensure that your  
workouts will meet  
your goals?

# WEST *Group Exercise Class Descriptions*

**ATHLETIC ABS, POWER GLUTES:** A challenging class focusing on the abdominal and gluteal muscles.

**BODY SCULPT:** The ultimate in body shaping! A strength training workout employing stability balls, hand weights, body bars, resistance bands and med balls to sculpt, define, and tone the upper and lower body.

**BOSU CHALLENGE:** A core based training session which integrates balance with muscular strength, endurance, power, cardiovascular conditioning, agility, proprioception and flexibility. Prepare to work!

**BOOT CAMP:** A 75 minute back to basics fitness class that will provide a challenging, competitive and positive environment for all fitness levels. In this total body workout each team member will be trained and conditioned to be the best you can be. We will focus on cardio conditioning, endurance, muscular toning, strength, agility and speed. Be prepared to train outside in nice weather.

**OUTDOOR HARDCORE BOOT CAMP:** This 60 minute fast-paced, challenging training session will be fun for all! Strength, speed, and endurance will be the focus of our goals to master by the end of summer. Core basics will be integrated into this one hour workout. Class will be held outdoors weather permitting. Camo gear is encouraged! Meet outside the aerobics studio 5 minutes before the start of class.

**CARDIO DANCE:** This is a multi-level class which combines both high and low impact moves. Upper and lower body toning included.

**CARDIO MIX:** This cardiovascular workout which incorporates the use of various drills and additional equipment to keep your heart pumping. Toning included.

**CARDIO SCULPT:** Start with basic movement and add the stability ball to increase intensity and add resistance.

**CARDIO/STRETCH:** Experience two forms of training, a cardiovascular low impact aerobic workout followed by a 30 minute stretch and flexibility segment.

**F.I.T. FITNESS INTERVAL TRAINING:** Bouts of cardio-activity coupled with bouts of resistance training yields a great way to burn calories and elevate your fitness level. A total body workout!

**HARD CORE:** This training session is designed to strengthen and tone the abdominal and back muscles in order to build a strong stable core. 30 minutes.

**HI-ENERGY LOW:** Pump up your energy level with low impact aerobics followed by body toning resistance work.

**PILATES' PLUS:** Intensify your Pilates workout with the added challenge of a palm-sized weighted ball along with the large stability ball.

## **PILATES' (MAT Class)**

**INTRO/INTERMEDIATE:** A unique system of body conditioning which strengthens and tones muscles, improves posture, flexibility, balance and relaxes the mind.

**POWER STEP:** This class takes step to the next level. Step combinations, plus leaps, lunges and squats, equal a heart pumping aerobic workout. Resistance and stretching included.

**POWER STRETCH:** In this class you will perform a progressive series of exercises which will focus on improving core stability, strength, balance and flexibility.

**STEP:** Challenge the major muscle groups of the lower body by stepping up and down onto an adjustable platform. Upper body arm movements are added to intensify the workout. A great cardiovascular workout!

**STEP CIRCUIT:** Cardiovascular step training is combined with strength training for an all around workout. Add variety to your step training with the use of tubing, dumbbells, body bars, the stability ball and the BOSU.

**TURBO KICK:** Turbo Kick is a fun way to incorporate kickboxing, dance and martial arts into a high energy workout.

**ZUMBA:** Dance to the pulsating beat of high-energy music. Zumba is a style of intense dance aerobics which incorporates simplified footwork and body movements from salsa, flamenco, hip hop and other dance forms.

**ZUMBA SCULPT:** Dance to the beat of pulsating music and finish this session with body shaping strength moves.

# WEST Spinning® Class Descriptions

**NEW PARTICIPANTS...** please arrive at least 15 minutes prior to class time. Intro classes are held on the first Monday of each month. 45 minute ride after orientation and bike set up.

**DUATHLON:** A multi-sport spinning session, 15 minute run/walk, 30 minutes Spinning, 15 minute run/walk. Be sure to bring your running shoes. The Duathlon session will be held on the first Wednesday of the month. The remaining sessions will be on the bike for 60 minutes.

**Spinning®:** Take the ride of your life! Spinning is a group cycling class which accurately replicates the feel of the cycle on the road. Experience hills, flat terrains, and jumps using various sitting and standing positions. Spinning is for everyone, at any age, and any fitness level. It is simple, easy to learn, and a great workout. Monday and Friday 9:00am class includes band work.

**Spin Core:** 60 and 75 minutes. Spin Core is a combo class which combines a Spinning ride with core training exercises that strengthen and stabilize the muscles needed for more efficiency during Spinning Class, cycling and everyday class activity.

The Spinning® program incorporates five Energy Training Zones:

## Recovery - Endurance - Strength - Interval - Race Day

What to bring:

Moisture-wicking clothing. Wear a lightweight shirt such as a cycling jersey to keep you cool and dry.

Padded cycling shorts.

Water, water, and more water, before, during, and after you ride.

Towel. You'd be surprised how much you can sweat in a Spinning® class.

Heart rate monitor. The Spinning® program is based on heart rate parameters.

Stiff-soled shoes or cycling shoes.

# WEST Water Aerobic Class Descriptions

## *Benefits to Water Training Classes:*

Low impact movement in the water provides support for the joints and aids in the recovery of an injury. Water aerobics classes offer a total body workout that is challenging and fun for all ages and fitness levels. Speak to any of our certified instructors if you need special attention or have questions about personalizing your workout.

**ADVANCED WATER:** A workout designed to increase cardiovascular endurance. Ideal for the individual who needs an intermediate level of training. Strength training equipment is used to enhance this class.

**AQUA STRETCH:** Uses the natural support and resistance of the water to create a full range of motion workout. A great class for everyone regardless of age or mobility.

**HI/LO AQUA:** If you are new to the water or an experienced participant this is a great class. The class offers a moderate level or intensity. The instructor will demonstrate higher or lower versions of moves to personalize your training.

**INTERVAL TRAINING:** This class offers a challenging cardiovascular endurance workout. High intensity aerobics are interspersed with segments of active rest.

**WATER INTENSITY TRAINING:** Fast paced, challenging class. Always different with a goal to increase strength and endurance. This class uses a variety of equipment for a full body workout.