



PRINCETON CLUB FITCHBURG CLASS SCHEDULE (THRU AUG 25)

MONDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
5:30 AM	BODYFLOW	Melissa	MB
5:30 AM	RPM	Bethany	CYCLE
8:15 AM	GRIT (30 min HITT)	Rob	GGX
9:05 AM	BODYPUMP	Rob	GGX
9:05 AM	CXWORX	Shana	FITLAB
9:45 AM	Aqua Fit	Melissa	Pool
10:15 AM	BODYFLOW	Mary	MB
12:00 PM	BODYPUMP	Megan	GGX
4:05 PM	BODYPUMP	Shana	GGX
5:15 PM	GRIT (30 min HITT)	Shana	GGX
5:15 PM	Yoga Core	Janet	MB
5:15 PM	CYCLUB* 	Michelle	CYCLE
5:50 PM	CXWORX	Rob	GGX
6:25 PM	BODYCOMBAT	Rob/Jamesetta	GGX
6:30 PM	BODYFLOW	Mary	MB
7:30 PM	BODYJAM	Jen M.	GGX

TUESDAY


TIME	CLASS NAME	INSTRUCTOR	STUDIO
5:30 AM	BODYPUMP	Jenn	GGX
7:00 AM	GRIT (30 min HITT)	Shana	GGX
7:40 AM	CXWORX	Shana	GGX
8:00 AM	Fit for Life	Melissa	FITLAB
8:05 AM	Power Flow Yoga	Amanda	MB
9:05 AM	BODYATTACK	Jess	GGX
9:10 AM	Yin Yoga	Jacki	MB
10:15 AM	BODYFLOW	Melissa	MB
5:15 PM	BODYSTEP	Erin C.	GGX
5:15 PM	RPM	Amy	CYCLE
5:15 PM	CXWORX	Melissa	FITLAB
5:30 PM	Yoga	Jacki	MB
5:30 PM	 Aqua Fit	Rotate	Pool
6:20 PM	BODYPUMP	Clark	GGX
6:35 PM	Yin Yoga	Jacki	MB
7:25 PM	Zumba	Kristi	GGX

WEDNESDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
5:30 AM	BODYFLOW	Melissa	MB
5:45 AM	BODYCOMBAT (45 min)	Jamie	GGX
8:00 AM	Fit and Flexible	Melissa	FITLAB
8:05 AM	SPRINT* (30 min)	Shana	CYCLE
9:05 AM	CXWORX + Stretch	Shana	FITLAB
9:05 AM	BODYSTEP	Jess	GGX
9:05 AM	Aqua Fit	Melissa	Pool
12:00 PM	BODYPUMP	Shana	GGX
5:15 PM	BODYPUMP	Laura	GGX
6:20 PM	CXWORX	Laura	GGX
6:20 PM	Yoga	Janet	MB
6:55 PM	BODYCOMBAT (1st & 3rd Wed.)	Rotate	GGX
6:55 PM	BODYATTACK (2nd & 4th Wed.)	Jess	GGX
8:00 PM	WERQ	Monica	GGX

GGX = Downstairs Studio **MB = Mind/Body Studio (Upstairs)**
FITLAB = Upstairs Studio

THURSDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
5:30 AM	BODYPUMP	Melissa	GGX
7:00 AM	GRIT (30 min HITT)	Shana	GGX
8:05 AM	BODYPUMP	Bethany	GGX
8:05 AM	Power Flow Yoga	Amanda	MB
9:00 AM	Cycle	Erin W.	CYCLE
9:05 AM	BODYCOMBAT	Shana/Shawn	GGX
9:05 AM	Fit for Life	Melissa	FITLAB
9:10 AM	Yin Yoga	Amy K.	MB
10:15 AM	BODYFLOW	Erin W.	MB
12:00 PM	CXWORX	Erika	GGX
4:05 PM	BODYCOMBAT (45 min)	Jamesetta	GGX
4:30 PM	 Aqua Fit	Rotate	Pool
5:15 PM	BODYSTEP	Angie	GGX
5:15 PM	GRIT (30 min HITT)	Jamesetta	FITLAB
5:15 PM	Cycle*	Janet	CYCLE
6:20 PM	BODYPUMP	Shawn	GGX
6:20 PM	BODYFLOW	Mary	MB



FRIDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
5:30 AM	ATTACK/COMBAT MASHUP	Jamesetta	GGX
8:05 AM	SPRINT* (30 min)	Shana	CYCLE
8:05 AM	BODYSTEP	Jess	GGX
9:05 AM	BODYPUMP	Jenn	GGX
9:05 AM	BODYFLOW	Shana	MB
9:05 AM	Aqua Fit	Mona	Pool
12:00 PM	BODYPUMP (45 min)	Jen M.	GGX
6:20 PM	Zumba	Amelia	GGX

SATURDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
7:00 AM	BODYPUMP	Shana	GGX
8:00 AM	Aqua Fit	Maggie	Pool
8:10 AM	BODYCOMBAT	Shana	GGX
8:10 AM	Cycle	Doreen	CYCLE
8:10 AM	Power Flow Yoga	Amanda	MB
9:20 AM	BODYPUMP	Laura	GGX
9:20 AM	CXWORX	Shana	FITLAB
9:20 AM	Yin Yoga	Amanda	MB
10:05 AM	GRIT (30 min HITT)	Shana	FITLAB
10:30 AM	WERQ	Monica	GGX
10:30 AM	BODYFLOW	Erin W.	MB

SUNDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
8:10 AM	BODYPUMP	Laura	GGX
8:30 AM	 CYCLUB* (45 min) 	Cori	CYCLE
9:20 AM	Zumba	Kristi	GGX
9:20 AM	CXWORX	Melissa	FITLAB
10:30 AM	BODYFLOW	Melissa	MB
10:30 AM	BODYSTEP	Rotate	GGX
11:45 AM	BODYPUMP	Melissa	GGX
6:45 PM	BODYFLOW	Mary	MB

All classes are subject to change in class format, instructor, and class time as needed. Trial and red-flagged classes will be removed from the schedule if they are consistently poorly attended.


*Marked cycling classes may use flashing colored lights.

PRINCETON CLUB FITCHBURG CLASS SCHEDULE (AUG 26-SEPT 30)

MONDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
5:30 AM	BODYFLOW	Melissa	MB
5:30 AM	RPM	Bethany	CYCLE
6:00 AM	Pulse Bootcamp	Trainer	FITLAB
8:00 AM	GRIT (30 min HITT)	Rob	FITLAB
8:40 AM	BODYPUMP (Express)	Rob	FITLAB
9:30 AM	CXWORX	Rob	FITLAB
9:45 AM	Aqua Fit	Melissa	Pool
12:00 PM	BODYPUMP	Megan	FITLAB
4:00 PM	BODYPUMP (Express)	Shana	FITLAB
4:50 PM	GRIT (30 min HITT)	Shana	FITLAB
5:15 PM	Yoga Core	Janet	MB
5:15 PM	CYCLUB*	Michelle	CYCLE
5:25 PM	CXWORX	Shana	FITLAB
6:00 PM	Pulse Bootcamp (45 min)	Trainer	FITLAB
6:30 PM	BODYFLOW	Mary	MB
6:50 PM	BODYCOMBAT (Express)	Rob/Jamesetta	FITLAB
7:40 PM	BODYJAM	Jen M.	FITLAB


TUESDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
5:30 AM	BODYPUMP	Jenn	FITLAB
6:30 AM	Pulse Bootcamp (45 min)	Trainer	FITLAB
7:20 AM	CXWORX	Melissa	FITLAB
8:00 AM	Fit for Life	Melissa	FITLAB
8:05 AM	Power Flow Yoga	Amanda	MB
9:05 AM	BODYATTACK	Jess	FITLAB
9:10 AM	Yin Yoga	Jacki	MB
10:15 AM	BODYFLOW	Melissa	MB
5:00 PM	Flow Yoga	Jacki	MB
5:15 PM	BODYSTEP	Erin C.	FITLAB
5:15 PM	RPM	Amy	CYCLE
5:30 PM	 Aqua Fit	Rotate	Pool
6:00 PM	Pulse Bootcamp (45 min)	Trainer	MB
6:20 PM	BODYPUMP	Clark	FITLAB
6:50 PM	Yin Yoga	Jacki	MB
7:25 PM	Zumba	Kristi	FITLAB

WEDNESDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
5:30 AM	BODYFLOW	Melissa	MB
5:40 AM	BODYCOMBAT (45 min)	Jamie	FITLAB
6:30 AM	Pulse Bootcamp	Trainer	FITLAB
8:00 AM	Fit and Flexible	Melissa	MB
8:00 AM	SPRINT* (30 min)	Shana	CYCLE
8:40 AM	CXWORX	Shana	FITLAB
9:05 AM	Aqua Fit	Melissa	Pool
9:15 AM	BODYSTEP	Jess	FITLAB
12:00 PM	BODYPUMP	Shana	FITLAB
5:00 PM	BODYPUMP (Express)	Laura	FITLAB
5:50 PM	CXWORX	Laura	MB
6:00 PM	Pulse Bootcamp (45 min)	Trainer	FITLAB
6:20 PM	Yoga	Janet	MB
6:55 PM	BODYCOMBAT (1st & 3rd Wed.)	Rotate	FITLAB
6:55 PM	BODYATTACK (2nd & 4th Wed.)	Jess	FITLAB
8:00 PM	WERQ	Monica	FITLAB

THURSDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
5:30 AM	BODYPUMP	Melissa	FITLAB
6:30 AM	Pulse Bootcamp	Trainer	FITLAB
8:05 AM	BODYPUMP	Bethany	FITLAB
8:05 AM	Power Flow Yoga	Amanda	MB
9:00 AM	Cycle	Erin W.	CYCLE
9:05 AM	BODYCOMBAT	Shana/Shawn	FITLAB
9:10 AM	Yin Yoga	Amy K.	MB
10:15 AM	BODYFLOW	Erin W.	MB
10:15 AM	Fit for Life	Melissa	FITLAB
12:00 PM	CXWORX	Erika	FITLAB
4:05 PM	BODYCOMBAT (45 min)	Jamesetta	FITLAB
4:30 PM	 Aqua Fit	Rotate	Pool
5:00 PM	BODYSTEP	Angie	FITLAB
5:15 PM	Cycle*	Janet	CYCLE
6:00 PM	Pulse Bootcamp (45 min)	Trainer	FITLAB
6:20 PM	BODYFLOW	Mary	MB
6:50 PM	BODYPUMP (Express)	Shawn	FITLAB


FRIDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
5:30 AM	GRIT (30 min HITT)	Jamesetta	FITLAB
6:00 AM	Pulse Bootcamp	Trainer	FITLAB
8:00 AM	SPRINT* (30 min)	Shana	CYCLE
8:00 AM	BODYSTEP	Jess	FITLAB
9:05 AM	BODYPUMP	Jenn	FITLAB
9:05 AM	BODYFLOW	Shana	MB
9:05 AM	Aqua Fit	Mona	Pool
12:00 PM	BODYPUMP (45 min)	Jen M.	FITLAB
6:20 PM	Zumba	Amelia	FITLAB

SATURDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
7:00 AM	BODYPUMP	Shana	FITLAB
8:00 AM	Aqua Fit	Maggie	Pool
8:10 AM	BODYCOMBAT	Shana	FITLAB
8:10 AM	Cycle	Doreen	CYCLE
8:10 AM	Power Flow Yoga	Amanda	MB
9:20 AM	BODYPUMP	Laura	FITLAB
9:20 AM	CXWORX	Shana	MB
9:55 AM	GRIT (30 min HITT)	Shana	MB
10:30 AM	WERQ	Monica	FITLAB
10:30 AM	BODYFLOW	Erin W.	MB

SUNDAY

TIME	CLASS NAME	INSTRUCTOR	STUDIO
8:10 AM	BODYPUMP	Laura	FITLAB
8:30 AM	 CYCLUB* (45 min)	Cori	CYCLE
9:20 AM	Zumba	Kristi	FITLAB
9:20 AM	CXWORX	Melissa	MB
10:30 AM	BODYFLOW	Melissa	MB
10:30 AM	BODYSTEP	Rotate	FITLAB
11:45 AM	BODYPUMP	Melissa	FITLAB
6:45 PM	BODYFLOW	Mary	MB

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CLASS DESCRIPTIONS

AQUA FIT employs water's natural resistance and support to provide you with a total body workout! This hour-long, no-impact class for all fitness levels emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion, and core strength. No swimming skills necessary.

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength. Controlled breathing, concentration and a carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat.

BODYPUMP™ is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for – and fast! **Please arrive at least 5 minutes before class to set up.**

BODYSTEP™ Expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, pushups, and weight plate exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's lots of options so that everyone leaves feeling successful.

CXWORX™ A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. CXWORX™ is low impact and low cardio and caters to all levels.

CYCLE is an indoor cycling class where you take on the terrain with your inspiring instructor and ride to the rhythm of powerful music.

CYCLUB is a high-energy indoor cycling class featuring your favorite songs from a variety of music genres melded with the pulse pounding excitement of a fully synchronized light show. A unique and epic audio-visual fitness experience!

FIT AND FLEXIBLE is a low-impact workout incorporating cardio, strength, balance, and flexibility. Workouts will include low-impact aerobics as well as yoga-style strength and stretching exercises to leave you feeling strong, relaxed, and recharged! All fitness levels are welcome – modifications and adaptations will be given as needed.

FIT FOR LIFE A low-impact workout incorporating cardio, strength, core work, and flexibility using weights and resistance tubing. Options and adaptations will be given as needed to make this a safe, effective workout for all ages.

GRIT™ 30-minute High Intensity Interval Training (HIIT) Get fitter faster by training harder and smarter (not longer)! If you want to take your fitness to the next level and see results like never before, Les Mills GRIT™ is perfect for you. Enjoy spending less time at the gym and reap the benefits of working at your maximum. Set in a team training environment, you'll have a great time with the people around you, be supported as you progress, and enjoy the mental and physical benefits that only HIIT can offer.

RPM™ is LES MILLS' indoor cycling workout where you ride to the rhythm of powerful, motivating music!

SPRINT™ is a 30-minute workout of high intensity, but minimal joint impact, which uses an indoor bike to help you smash your fitness goals fast! LES MILLS SPRINT™ is built on the science of high-intensity interval training (HIIT). It's a short and intense style of training where you combine bursts of working as hard as possible, with periods of rest that prepare you for the next effort, and is scientifically proven to return rapid results!

YOGA is a mind/body discipline that can improve your strength, balance, and flexibility while decreasing tension and stress through asanas (exercises), breathing, and relaxation. Appropriate for first-timers as well as those looking to strengthen the core of their practice.

POWER FLOW (VINYASA YOGA) synchronizes dynamic flow of postures with breath. Poses of varying degrees of difficulties with options given to accommodate all levels. **YOGA CORE** is a yoga-based class with an emphasis on core work. **YIN YOGA** is a gentle class that focuses on deeply stretching the connective tissue in the hips, pelvis, and lower spine, bringing you into balance and leaving you totally relaxed!

WERQ Like dance-based exercise? You'll LOVE WERQ! It's the fiercely fun WERQout that brings current pop, hip-hop, and rock to the dance floor.

ZUMBA® is an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™!

Group Fitness Class Age Requirement: Participants must be 16 years of age or older. Youth between the ages of 12-15 may participate in most group fitness classes with a parent/guardian as long as they behave appropriately and are able to perform the exercises safely without requiring an excessive amount of attention from the instructor. It is left to the discretion of the instructor whether or not a youth may participate in his/her class. No youth under the age of 12 will be allowed to participate in a group fitness class. In the case of cycling classes, the youth must be able to fit appropriately on the bike.