







Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am LES MILLS BODYPUMP 45 min. Laurie	5:30 am Strength Development 45 min. Laurie	5:30 am LES MILLS BODYPUMP 45 min. Craig	5:45 am LES MILLS BODYBALANCE 45 min. Sarah C	5:30 am LES MILLS BODYPUMP 45 min. Laurie	
						8:00 am LES MILLS BODYPUMP 55 min. Jennifer
NEW! 8:45 am 20/15/10 -TONE 45 min. Rotation	8:45 am LES MILLS BODYPUMP 55 min. Sarynn	8:45 am LES MILLS BODYCOMBAT 30 min. Amy S	8:45 am LES MILLS BODYPUMP 55 min. Jenn M.	8:45 am tone 50 min. Amy S	8:30 am Strength Development 45 min. Sarynn	8:00 am Boot Camp 55 min. Rotation
9:40 am LES MILLS CORE 30 min. Rotation		9:15 am HARD CORE 30 min. Amy S			9:20 am LES MILLS Shapes 45 min. Sarynn	9:05 am Body Sculpt 55 min. Kelly O.
10:15 am  ZUMBA 45 min. Emma	10:00 am PILATES 55 min. Karen	10:00 am SHiNE Dance Fitness 45 min. Nina	10:00 am PILATES 55 min. Karen/Nina	9:45 am Cardio Dance 55 min. Mark	10:15 am Fit For Life 45 min. Kat	10:05 am Flow Yoga 45 min. Amanda
11:30 am LES MILLS FUNCTIONAL STRENGTH 45 min. Christina	11:00 am Fit For Life 55 min. Karen	11:00 am Yoga Flow 55 min. Brenda	11:00 am Fit For Life 55 min. Karen / Nina	11:00 am Gentle Yoga 55 min. Brenda	11:10 am GROOVE Dance 50 min. Gaylene	11:00 am WERQ 55 min. Rotation
					12:00 pm LES MILLS BODYPUMP 55 min. Rotation	
	4:00 pm LES MILLS BODYPUMP 55 min. Jenn G		4:00 pm LES MILLS BODYPUMP 45 min. Valerie			
4:15 pm NEW! LES MILLS BODYPUMP 45 min. EmilyJo		4:30 pm Body Sculpt 45 min. Elena	5:00 pm LES MILLS CORE 30 min. Valerie	4:30 pm Body Sculpt 45 min. Kelly O.	4:45 pm FUNCTIONAL STRENGTH 45 min. Amanda	
5:15 pm LES MILLS BODYBALANCE 55 min. EmilyJo	5:15 pm LES MILLS GRIT/CORE Hybrid 45 min. Jen	5:15 pm PILATES 45 min. Kelly	5:30 pm LES MILLS GRIT 30 min. Valerie	5:15 pm LES MILLS BODYCOMBAT 45 min. Sarynn		
	6:00 pm LES MILLS BODYPUMP 55 min. Jen	6:00 pm LES MILLS BODYCOMBAT 55 min. Sarynn	6:00 pm Strength Development 45 min. Jen	6:00 pm Yoga's STRETCH + RESTORE 55 min. Christian		
	7:00 pm Turn Up/ WERQ 55 min. Rotation	7:00 pm Turn Up 55 min. Alison	7:00 pm LES MILLS BODYBALANCE 55 min. EmilyJo	NEW!		

Princeton Club Webpage

To view our full Group Ex & Water schedule (including instructor names) and register for classes: visit our website, click Classes, choose Princeton Club -East and register from our schedule page

Princeton Club App

To view daily classes offered and register from your mobile device: use the Princeton Club App.

(Online registration prior to class is recommended to reserve your space and equipment)