

PRINCETON CLUB

Effective
August 1, 2024

Fitchburg Group Exercise Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be 12+ to attend all group classes**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30am LES MILLS BODYPUMP Rebecca T.	5:30-6:15am LES MILLS Strength Development Lynette	5:30-6:30am LES MILLS BODYPUMP Rebecca T.		7:00-7:45am LES MILLS Strength Development Jamesetta/Laura
		8:00-8:45am Fit for Life Margaret	8:00-8:45am LES MILLS BODYCOMBAT Margaret	8:00-8:45am Circuit Training *Fit Lab* Braeden		8:00-9:00am LES MILLS BODYCOMBAT Margaret
8:15-9:15am LES MILLS BODYPUMP Kristi	8:30-9:30am Boot Camp Challenge *Fit Lab* Miranda	8:15-9:00am Turbo Kick *Fit Lab* Rachel	8:45-9:10am LES MILLS CORE Margaret	8:15-9:00am LES MILLS Strength Development Rachel/Margaret	8:30-9:30am Boot Camp Challenge *Fit Lab* Colleen	8:30-9:30am Boot Camp Challenge *Fit Lab* Rotation
9:30-10:30am ZUMBA Kristi	9:00-10:00am LES MILLS BODYPUMP Janet	9:05-10:05am LES MILLS BODYPUMP Rob	9:15-10:15am LES MILLS BODYPUMP Janet	9:00-9:45am Turbo Kick Rachel	9:00-10:00am LES MILLS BODYPUMP Dan	9:00-9:30am LES MILLS CORE Margaret
	10:00-10:45am Circuit Training *Fit Lab* Braeden		10:00-10:45am Circuit Training *Fit Lab* Braeden		10:05-10:35am LES MILLS CORE Dan	9:45-10:30am LES MILLS BODYPUMP Lauren/Rachel W
10:45-11:45am LES MILLS BODYSTEP Angie Fadness	11:00-11:45am Turn Up/ WERQ Amy B	11:00-11:45am Latin Hip Hop Monica		11:00-11:45 WERQ Monica	11:00-11:45 WERQ Andi	10:35-11:35am WERQ Monica
	12:00-1:00pm LES MILLS BODYPUMP Sue/Dan	12:00-12:45pm LES MILLS Strength Development Rachel	12:00-1:00pm LES MILLS BODYPUMP Laura V	12:00-12:45pm Total Body Sculpt & Tone Linda	12:00-1:00pm LES MILLS BODYPUMP Laura V	
		3:00-3:45pm Silver Seniors Jessica		3:00-3:45pm Silver Seniors Jessica		
	5:00-5:55pm LES MILLS BODYCOMBAT Kyla	5:15-6:15pm LES MILLS BODYSTEP Angie Fadness	5:00-6:00pm LES MILLS BODYPUMP Dan	5:15-6:15pm LES MILLS BODYPUMP Kristi	5:00-6:00pm LES MILLS BODYPUMP Emily Jo	
	5:00-5:45pm HIIT *Fit Lab* Braeden	5:30-6:00pm LES MILLS CORE *Fit Lab* Dan				
	6:00-7:00pm LES MILLS BODYPUMP Mandy		6:00-7:00pm LES MILLS BODYCOMBAT Jamesetta	6:30-7:15pm LES MILLS Strength Development Kyla/Emily Jo	6:00-7:00pm ZUMBA Amelia	
	7:05-8:05pm Latin Hip Hop Monica	7:15-8:15pm WERQ Angie Fillner	7:05-8:05pm WERQ Monica			

Fitchburg Cycle Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be 12+ to attend all group classes**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:15am LES MILLS RPM Rebecca			6:00-6:45am Cyclub Alex	5:30-6:15am LES MILLS RPM Rebecca	
8:30-9:15am Cyclub Issac		9:15-10:00am LES MILLS RPM Linda	9:00-9:45am Cyclub Circuit Miranda	8:30-9:00am LES MILLS sprint Elisa	8:15-8:45am LES MILLS sprint Elisa	8:15-9:00am Cyclub Miranda/Natalie
	5:30-6:15pm LES MILLS RPM Janet	5:30-6:15pm Cyclub Natalie				

Fitchburg Mind/Body Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be 12+ to attend all group classes**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:45-7:30am Flow Yoga Cori	7:30-8:30am Yoga Core Cori	5:30-6:30am LES MILLS BODYBALANCE Emily Jo	
	8:15-9:15am Flow Yoga Jackie R	8:15-9:00am Mat Pilates Linda	8:15-9:15am Power Yoga & Stretch Jackie R		8:15-9:15am Flow Yoga Cori	8:00-9:15am Flow Yoga Melanie
9:30-10:30am LES MILLS BODYBALANCE Mary		9:30-10:30am Yin Yoga Jacki W	9:30-10:30am Flow Yoga Kelsey	9:30-10:30am Yin Yoga Jacki W	9:30-10:30am Yin Yoga Kelsey	9:30-10:30am Yin Yoga Jessica
10:45-11:45am Stretch & Restore Emily	10:30-11:30am Flow Yoga Deann	10:45-11:45am LES MILLS BODYBALANCE Jackie R		10:45-11:45am LES MILLS BODYBALANCE Jackie R		
	5:00-6:00pm Flow Yoga Claire	4:15-5:15pm Gentle Flow Yoga Jessica	5:15-6:15pm Flow Yoga Tedi	5:15-6:15pm Yoga Core Janet		
6:00-7:00pm Yin Yoga Rotation	6:30-7:30pm LES MILLS BODYBALANCE Mary	5:30-6:30pm Yin Yoga Jessica	6:30-7:30pm Yin Yoga Kelsey	6:30-7:30pm LES MILLS BODYBALANCE Mary		

Fitchburg Aqua Fitness Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be 12+ to attend all group classes**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-10:25am Aqua Fit Gina	9:30-10:25am Aqua Fit Mona	9:30-10:25am Aqua Fit Sydney	9:30-10:25am Aqua Fit Gina	9:30-10:25am Aqua Fit Mona	9:30-10:25am Aqua Fit Rebekah

Instructions for Class Registration

Download the Princeton Club App

- Enter your username (this is your email address)
- Click "Club location" (Fitchburg), then click "Classes"
- Select the class you'd like to attend
- Click "Sign Up"

To Access Club Automation:

- Go to princetonclub.clubautomation.com
- Click "Access My Account" (bottom left blue button)
- Type first name, last name & email address
- Click the link in the email sent to your inbox
- Fill in required fields and create a password