

# PRINCETON CLUB

Effective  
October 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 <b>LES MILLS BODYPUMP</b> Rebecca T.	5:30-6:15am <b>LES MILLS</b> Strength Development Lynette	5:30-6:30am <b>LES MILLS BODYPUMP</b> Rebecca T.		
			8:00-8:45am <b>LES MILLS BODYCOMBAT</b> Margaret			7:00-7:45am <b>LES MILLS</b> Strength Development Jamesetta
8:15-9:15am <b>LES MILLS BODYPUMP</b> Kristi	8:00-8:55am Boot Camp Challenge Miranda	8:00-8:45am Fit for Life Margaret	8:45-9:10am <b>LES MILLS CORE</b> Margaret	8:15-9:00am <b>LES MILLS</b> Strength Development Margaret	8:00-8:55am Boot Camp Challenge Colleen	8:00-9:00am <b>LES MILLS BODYCOMBAT</b> Margaret
9:30-10:30am <b>ZUMBA</b> Kristi	9:05-10:05am <b>LES MILLS BODYPUMP</b> Janet	9:05-10:05am <b>LES MILLS BODYPUMP</b> Rob	9:15-10:15am <b>LES MILLS BODYPUMP</b> Janet	9:05-9:50am <b>LES MILLS BODYCOMBAT</b> Aminata	9:05-10:05am <b>LES MILLS BODYPUMP</b> Dan	9:00-9:30am <b>LES MILLS CORE</b> Margaret
	10:10-10:55am Circuit Training Braeden		10:30-11:15am Circuit Training Heidi		10:15-10:45am <b>LES MILLS CORE</b> Dan	9:45-10:30am <b>LES MILLS BODYPUMP</b> Lauren/Aminata
10:45-11:45am <b>LES MILLS BODYSTEP</b> Angie Fadness	11:00-11:45am Turn Up/ <b>WERQ</b> Amy B	11:00-11:45am Latin Hip Hop Monica		11:00-11:45am <b>WERQ</b> Monica	11:00-11:45am <b>WERQ</b> Andi	10:35-11:35am <b>WERQ</b> Monica
12:00-12:45pm <b>WERQ</b> Kari	12:00-1:00pm <b>LES MILLS BODYPUMP</b> Sue/Dan	12:00-12:45pm <b>LES MILLS</b> Strength Development Laura V	12:00-1:00pm <b>LES MILLS BODYPUMP</b> Laura V	12:00-12:45pm Total Body Sculpt & Tone Linda	12:00-1:00pm <b>LES MILLS BODYPUMP</b> Laura V	
		3:00-3:45pm Silver Seniors Jessica		3:00-3:45pm Silver Seniors Ashley		
	5:00-5:55pm <b>LES MILLS BODYCOMBAT</b> Kyla	5:15-6:15pm <b>LES MILLS BODYSTEP</b> Angie Fadness	5:00-6:00pm <b>LES MILLS BODYPUMP</b> Dan	5:15-6:15pm <b>LES MILLS BODYPUMP</b> Kristi	5:00-6:00pm <b>LES MILLS BODYPUMP</b> Emily Jo	
	6:00-7:00pm <b>LES MILLS BODYPUMP</b> Mandy	6:30-7:00pm <b>LES MILLS CORE</b> Dan	6:00-7:00pm <b>LES MILLS BODYCOMBAT</b> Jamesetta	6:30-7:15pm <b>LES MILLS</b> Strength Development Kyla/Emily Jo	6:05-7:05pm <b>ZUMBA</b> Amelia	
7:00-7:45pm <b>WERQ</b> Angie F	7:05-8:05pm Latin Hip Hop Monica	7:15-8:00pm <b>LES MILLS BODYCOMBAT</b> Aminata	7:05-8:05pm <b>WERQ</b> 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 <b>LES MILLS RPM</b> Rebecca		5:30-6:15am Cyclub Alex		5:30-6:15am <b>LES MILLS RPM</b> Rebecca	
8:30-9:15am Cyclub Issac		9:15-10:00am <b>LES MILLS RPM</b> Linda	9:00-9:45am Cyclub Circuit Miranda	8:30-9:00am <b>LES MILLS sprint</b> Elisa	8:15-8:45am <b>LES MILLS sprint</b> Elisa	8:15-9:00am Cyclub Miranda/Natalie
	5:30-6:15pm <b>LES MILLS RPM</b> Janet	5:30-6:15pm Cyclub Natalie	5:30-6:15pm <b>LES MILLS RPM</b> Janet			

## 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 <b>LES MILLS BODYBALANCE</b> 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 <b>LES MILLS BODYBALANCE</b> 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 Melanie
10:45-11:45am Stretch & Restore Emily	10:30-11:30am Flow Yoga Deann	10:45-11:45am <b>LES MILLS BODYBALANCE</b> Jackie R		10:45-11:45am <b>LES MILLS BODYBALANCE</b> 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 Kelsey	6:30-7:30pm <b>LES MILLS BODYBALANCE</b> Mary	5:30-6:30pm Yin Yoga Jessica	6:30-7:30pm Yin Yoga Kelsey	6:30-7:30pm <b>LES MILLS BODYBALANCE</b> 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 Lauren	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](http://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

# Princeton Club Fitchburg Group Exercise Class Descriptions

**Body Sculpt:** Tones and defines all of the body's muscle groups using a variety of equipment, body weight exercises, and daily functional movements

**Boot Camp:** Combines muscle conditioning exercises with athletic and cardio drills to challenge muscular endurance and anaerobic capacity

**Circuit Training:** Improves muscular strength and endurance through a series of moderate intensity exercises utilizing equipment and body weight

**Fit For Life:** Utilizes functional movement patterns designed to help older adults maintain muscle, improve bone density and balance, and care for joints

**HIIT:** Alternates intervals of weighted strength and body weight cardio to increase muscular strength and cardiovascular endurance

**Latin Hip Hop:** Incorporates Latin and Hip Hop moves into a high energy workout that improves flexibility, balance and coordination

**Les Mills BODY ATTACK:** Builds strength and stamina by combining athletic movements like running, jumping and lunging with strength exercises like push ups and squats

**Les Mills BODY COMBAT:** Incorporates moves from numerous martial arts disciplines in a high-energy, non-contact workout

**Les Mills BODY PUMP:** Utilizes light-to-moderate weight with high repetitions to develop lean, athletic muscle while burning calories

**Les Mills BODY STEP:** Combines upbeat, rhythmic stepping with squat and lunge patterns to work the legs, burpees, push ups, and weight plate exercises

**Les Mills CORE:** Uses body weight, free weights and resistance tubing to tighten and tone the midsection, challenge balance and improve strength and coordination

**Les Mills STRENGTH DEVELOPMENT:** Utilizes higher weight and lower repetition of controlled, deliberate movement for maximum muscle engagement and strength development

**Silver Seniors:** Increases range of motion and muscular strength using light weight or body weight and non-impact exercises geared toward daily, healthy living

**Turn Up:** Works your entire body in a high energy interval training dance workout

**WERQ:** Builds cardiovascular endurance and inspires participants to WERQ up a sweat on the floor dancing to today's top pop, rock and hip-hop hits

**ZUMBA:** Combines choreographed dance moves with simplified foot work and body movements set to high-energy music, including Latin and hip hop

## Princeton Club Fitchburg Cycle Class Descriptions

**NEW PARTICIPANTS:** Please arrive 10 minutes prior to class time. Your spinning instructor will help you with bike set up.

**Cyclub:** Uses flashing lights and powerful beats to create a dance party vibe that carries riders through music-driven intervals that may include an off-bike circuit

**Cyclub Circuit:** Combines strength and speed on the bike with several off-bike, total body conditioning circuits in a boot camp-style workout set to flashing lights and powerful beats

**Rhythm:** Lights up your core and legs with power, speed, and movement driven by motivating beats, with challenges both in and out of the saddle

**RPM by Les Mills:** Provides a journey through mixed terrain that maintains an aerobic heart rate zone with short bursts of intensity that push riders to reach cardio peaks

**SPRINT by Les Mills:** Utilizes short bursts of maximum intensity, followed by periods of complete rest, to stimulate Excess Post-Exercise Oxygen Consumption (EPOC), helping riders burn calories for up to 9 hours post-workout

## Princeton Club Fitchburg Mind Body Class Descriptions

**BODY BALANCE by Les Mills:** Combines Yoga, Tai Chi and Pilates to build flexibility and strength through a structured series of stretches, moves and poses set to music

**Flow Yoga:** Links breath to movement in flowing, Vinyasa Yoga sequences that focus on alignment. You are encouraged to bring a mat.

**Gentle Flow Yoga:** Links breath to movement in slower paced Vinyasa Yoga sequences with fewer poses that are held longer. You are encouraged to bring a mat.

**Mat Pilates:** Improves posture, flexibility and balance while strengthening the entire core

**Power Yoga & Stretch:** Cultivates strength, balance, stability and flexibility through a dynamic flow followed by deep stretching that challenges you to reach your true potential in a fun and creative way

**Stretch & Restore:** Improves flexibility and posture with deep, slow stretches that promote relaxation and stress reduction

**Yin Yoga:** Improves flexibility and posture with deep, slow and steady stretches that encourage relaxation and stress reduction

**Yoga Core:** Combines the benefits of flow-style yoga with targeted core exercise to build balance, strength and flexibility

## Princeton Club Fitchburg Aqua Fitness Class Descriptions

**Aqua Fit:** Employs water's natural resistance and support to provide a no-impact, total body workout that emphasizes strength and endurance, flexibility and range of motion