

PRINCETON CLUB

Effective
October 1, 2024

West 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
	5:30-6:00am LES MILLS GRIT	6:00-6:55am HIGH fitness	6:00-6:45am Body Sculpt	6:00-6:55am HIGH fitness	5:30-6:00am LES MILLS GRIT	
	6:05-7:00am Strength Development <small>LES MILLS</small>				6:05-6:50am LES MILLS BODYPUMP	
	7:05-7:50am Slow Flow Yoga	7:00-7:55am Flow Yoga	7:00-7:45am Mat Pilates	7:00-7:55am Flow Yoga	7:00-7:45am Mat Pilates	7:00-7:55am Slow Flow Yoga
8:30-9:25am Body Sculpt	8:00-8:45am Fit 20/20	8:00-8:55am Body Sculpt	8:00-8:45am Fit 20/20	8:00-8:55am Body Sculpt	8:00-8:55am Cardio Dance	8:00-8:50am Body Sculpt
9:30-10:25am Turbo Kick	9:00-10:00am LES MILLS BODYCOMBAT	9:10-9:55am Boot Camp Challenge	9:00-9:55am Strength Development <small>LES MILLS</small>	9:00-9:55am HIIT Strength	9:00-9:55am Power Flow	9:00-9:55am LES MILLS BODYPUMP
10:30-11:25am PiYo	10:15-11:15am Power Stretch	10:00-10:25am HardCore	10:00-10:55am Turbo Kick	10:00-10:25am HardCore	10:05-11:00am Strength Development <small>LES MILLS</small>	10:05-11:15am Turbo Kick
11:30-12:25pm WERQ	12:00-1:00pm ZUMBA	10:30-11:15am Fit For Life	12:00-1:00pm Body Sculpt	10:30-11:15am Fit for Life	11:10-11:55am Tabata Strength	11:15-12:15pm ZUMBA
12:30-1:15pm Mat Pilates	1:15-2:00pm Silver Seniors	11:30-12:30pm Stretch & Restore	1:15-2:00pm Silver Seniors	11:30-12:30pm Stretch & Restore	12:05-1:05pm HIGH fitness	
1:30-2:15pm Fit For Life	4:00-4:45pm LES MILLS BODYPUMP	3:00-3:45pm Gentle Flow Yoga	2:00-2:45pm ZUMBA GOLD		1:15-2:00pm Silver Seniors	
4:00-4:55pm WERQ	5:00-5:55pm ZUMBA	4:00-4:45pm Iron Abs & Arms		4:00-4:45pm Athletic Abs & Power Glutes	4:00-4:55pm LES MILLS BODYPUMP	
5:05-6:00PM Strength Development <small>LES MILLS</small>	6:00-6:45pm HIIT Strength	5:00-5:55pm LES MILLS BODYATTACK	4:45-5:30pm LES MILLS BODYCOMBAT	5:00-5:55pm LES MILLS BODYCOMBAT	5:05-6:00pm Turbo Kick	
	7:00-8:00pm Flow Yoga	6:00-7:00pm LES MILLS BODYPUMP	5:30-6:30pm LES MILLS BODYPUMP	6:00-7:00pm LES MILLS BODYPUMP	6:00-7:05pm Stretch & Restore	
		7:05-8:05pm ZUMBA	6:45-7:45pm Flow Yoga	7:15-8:15pm ZUMBA		

West Cycle Studio Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be age 12+ to attend all group classes**
Virtual Classes will automatically start at the time listed. Virtual OnDemand classes are available when live classes are not scheduled.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:45am LES MILLS RPM Virtual Class	5:45-6:45am Spin	5:45-6:30am LES MILLS RPM	6:15-6:45am LES MILLS sprint Virtual Class	6:00-7:15am Spin Core	
		8:15-9:00am Cyclub Circuit		8:15-8:45am LES MILLS sprint		8:00-8:45am LES MILLS RPM
9:15-10:15am Spin	9:00-10:00am Spin		9:00-10:00am Spin		9:00-9:45am Cyclub Circuit	
	5:30-6:15pm Cyclub	5:30-6:15pm Rhythm30 + Core	5:30-6:15pm LES MILLS RPM	5:30-6:15pm Cyclub		
	6:30-7:30pm Intro to Spin (First Mondays)					

West Aqua Fitness Schedule

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Strength & Cardio	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Strength & Cardio	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Hi-Lo
9:00-9:55am Aqua HIIT	9:05-10:00am water in motion	9:05-10:00am Aqua Bootcamp	9:05-10:00am Aqua HIIT	9:05-10:00am water in motion	9:05-10:00am Aqua Strength & Cardio	9:05-10:00am Aqua Strength & Cardio
1:00-3:00pm Family Swim	6:00-6:55pm Aqua Cardio Kickboxing	6:00-6:55pm Aqua HIIT	6:00-6:55pm Aqua Bootcamp	6:00-6:55pm Aqua Strength & Cardio		10:00-12:00pm Family Swim

* Please register for all Group Exercise classes - walk-ins are allowed only if room remains in the class

>> Please see the instructor prior to setting up for class to check availability

* Registration for each class opens 49 hours prior to class start time

* Arrive 10-15 minutes prior to class start to allow time for equipment set-up

* Yoga participants may bring their own mats, but we also provide mats

* Water shoes are recommended for Water classes

Two ways to register for classes:

1) To see the full week of classes + instructor names: visit www.princetonclub.net

>> Click **Classes**, choose **Princeton Club - West**, search by **Class Name**, click **Register for Class**

>> On your first visit, you will set up your account and be all set to register for classes.

2) To view daily classes and register: use the Princeton Club mobile app

We look forward to welcoming you to our PCW Fitness Community!

QUESTIONS? Contact Erin Esbeck, Group Exercise Director: erin.esbeck@princetonclub.net

Andrea Novotney, Water Fitness Director: andrea.novotney@princetonclub.net