

# PRINCETON CLUB

Effective: Jan 5, 2025  
Winter 2025

## 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</b> <b>BODYPUMP</b>	5:30-6:15am <b>LES MILLS</b> Strength Development	5:30-6:30am <b>LES MILLS</b> <b>BODYPUMP</b>		
			8:00-8:45am <b>LES MILLS</b> <b>BODYCOMBAT</b>			7:00-7:45am <b>LES MILLS</b> Strength Development
8:15-9:15am <b>LES MILLS</b> <b>BODYPUMP</b>	8:00-8:55am Boot Camp Challenge	8:00-8:45am Fit for Life	8:45-9:10am <b>LES MILLS</b> <b>CORE</b>	8:15-9:00am <b>LES MILLS</b> Strength Development	8:00-8:55am Boot Camp Challenge	8:00-9:00am <b>LES MILLS</b> <b>BODYCOMBAT</b>
9:30-10:30am <b>ZUMBA</b>	9:05-10:05am <b>LES MILLS</b> <b>BODYPUMP</b>	9:00-9:45am <b>LES MILLS</b> Shapes	9:15-10:15am <b>LES MILLS</b> <b>BODYPUMP</b>	9:05-9:50am <b>LES MILLS</b> <b>BODYCOMBAT</b>	9:05-10:05am <b>LES MILLS</b> <b>BODYPUMP</b>	9:00-9:30am <b>LES MILLS</b> <b>CORE</b>
	10:10-10:55am Circuit Training		10:30-11:15am Circuit Training		10:15-10:45am <b>LES MILLS</b> <b>CORE</b>	9:45-10:30am <b>LES MILLS</b> <b>BODYPUMP</b>
10:45-11:45am <b>LES MILLS</b> <b>BODYSTEP</b>	11:00-11:45am Turn Up/ <b>WERQ</b>	11:00-11:45am Latin Hip Hop		11:00-11:45am <b>WERQ</b>	11:00-11:45am <b>WERQ</b>	10:35-11:35am <b>WERQ</b>
12:00-12:45pm <b>WERQ</b>	12:00-1:00pm <b>LES MILLS</b> <b>BODYPUMP</b>	12:00-12:45pm <b>LES MILLS</b> Strength Development	12:00-1:00pm <b>LES MILLS</b> <b>BODYPUMP</b>	12:00-12:45pm <b>LES MILLS</b> Shapes	12:00-1:00pm <b>LES MILLS</b> <b>BODYPUMP</b>	
		3:00-3:45pm Forever Active		3:00-3:45pm Forever Active		
	5:00-5:55pm <b>LES MILLS</b> <b>BODYCOMBAT</b>	5:15-6:15pm <b>LES MILLS</b> <b>BODYSTEP</b>	5:00-6:00pm <b>LES MILLS</b> <b>BODYPUMP</b>	5:15-6:15pm <b>LES MILLS</b> <b>BODYPUMP</b>	5:00-5:45pm <b>LES MILLS</b> Shapes	
	6:00-7:00pm <b>LES MILLS</b> <b>BODYPUMP</b>	6:20-6:50pm <b>LES MILLS</b> <b>CORE</b>	6:00-7:00pm <b>LES MILLS</b> <b>BODYCOMBAT</b>	6:30-7:15pm <b>LES MILLS</b> Strength Development	6:00-7:00pm <b>ZUMBA</b>	
7:00-7:45pm <b>WERQ</b>		7:00-7:45pm <b>LES MILLS</b> Shapes	7:05-8:05pm <b>WERQ</b>			

## 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>		5:30-6:15am RhythmBurn		5:30-6:15am <b>LES MILLS RPM</b>	
		9:15-10:00am <b>LES MILLS RPM</b>	9:00-9:45am RhythmReps	8:30-9:00am <b>LES MILLS sprint</b>	8:15-8:45am <b>LES MILLS sprint</b>	8:15-9:00am Rhythm Rotation
	5:30-6:15pm <b>LES MILLS RPM</b>	5:30-6:15pm RhythmBurn	5:30-6:15pm <b>LES MILLS RPM</b>			

## 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		5:30-6:30am <b>LES MILLS BODYBALANCE</b>	
	8:15-9:15am Flow Yoga	8:15-9:00am Mat Pilates	8:15-9:15am Power Yoga & Stretch	8:15-9:15am Yoga Core	8:15-9:15am Flow Yoga	8:00-9:15am Flow Yoga
9:30-10:30am <b>LES MILLS BODYBALANCE</b>		9:30-10:30am Yin Yoga	9:30-10:30am Flow Yoga	9:30-10:30am Yin Yoga	9:30-10:30am Yin Yoga	9:30-10:30am Yin Yoga
10:45-11:45am Stretch & Restore	10:30-11:30am Flow Yoga	10:45-11:45am <b>LES MILLS BODYBALANCE</b>		10:45-11:45am <b>LES MILLS BODYBALANCE</b>		
	5:00-6:00pm Flow Yoga	4:15-5:15pm Gentle Flow Yoga	5:15-6:15pm Power Yoga & Stretch	5:15-6:15pm Yoga Core		
6:00-7:00pm Yin Yoga	6:30-7:30pm <b>LES MILLS BODYBALANCE</b>	5:30-6:30pm Yin Yoga	6:30-7:30pm Yin Yoga	6:30-7:30pm <b>LES MILLS BODYBALANCE</b>		

## 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	9:30-10:25am Aqua Fit	9:30-10:25am Aqua Fit	9:30-10:25am Aqua Fit	9:30-10:25am Aqua Fit	9:30-10:25am Aqua Fit

## 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