

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

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

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 LES MILLS BODYBALANCE	
	8:15-9:15am Flow Yoga	8:15-9:00am Mat Pilates	8:15-9:15am Power Yoga & Stretch	8:15-9:00am Yoga Core	8:15-9:15am Flow Yoga	8:00-9:15am Flow Yoga
9:30-10:30am LES MILLS BODYBALANCE		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 LES MILLS BODYBALANCE		10:45-11:45am LES MILLS BODYBALANCE		
	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 LES MILLS BODYBALANCE	5:30-6:30pm Yin Yoga	6:30-7:30pm Yin Yoga	6:30-7:30pm LES MILLS BODYBALANCE		

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					

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