

## Princeton Club West Cycle Classes

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

The pedals on the bikes are dual-sided: cages to accommodate sneakers and SPD clips for clipping in.

### WORKOUT PARTY RIDES

**Cyclub:** Uses lights and powerful beats to create a party vibe that carries riders through an **interval-based** ride

**RhythmBurn:** Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** that includes a mid-ride off-bike resistance band/light weight circuit

**RhythmCore:** Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** that includes a mid-ride off-bike core circuit

**RhythmReps:** Lights up the legs & core with power, speed, and movement challenges both in and out of the saddle in a motivating **beat-based ride** enhanced by lights that includes off-bike conditioning circuits in a bootcamp-style workout

### OUTDOOR RIDING INSIDE

**Spin:** Recreates the experience of road cycling with standing and seated intervals that guide riders over flat roads, steep mountains, and rolling hills

**Intro to Spin:** *\*offered the first Monday of each month\**  
Teaches the basics of proper bike set up, working with resistance, body positioning, and pacing used in Spin classes

**Spin Core:** Combines a challenging, one-hour ride with 15 minutes of post-ride exercises focused on core strength, balance, and flexibility

**HIIT Cycle:** Pairs intervals of focused effort using resistance & speed with periods of recovery in varied base RPMs for an exhilarating experience

### LES MILLS FORMATS

**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 West Aqua Classes

Water-based exercises provide low impact on the joints and high resistance for muscle strengthening and cardio conditioning.

Upon arrival for class, please check the whiteboard near the aquatic equipment room for the instructor's name and equipment to be used for class.

Water shoes are highly recommended but are not required.

**Aqua Bootcamp:** Utilizes suspended exercises and longer repetitions for maximum cardio & strength training in a different format each week

**Aqua Hi-Lo:** Offers high and low impact versions of cardio and muscle toning exercises to allow participants to determine the intensity of the workout

**Aqua Cardio Kickboxing:** Wind up some powerful punches and kicks against the water's resistance in this high intensity, kickboxing-inspired workout

**Aqua Strength & Cardio:** Uses the water's natural resistance to work the entire body with intense cardio work and muscle toning in a high-energy, cross training workout

**Aqua HIIT (High Intensity Interval Training):** Combines high intensity work with lower intensity recovery in an intense, cardio training workout that burns calories and boosts your metabolism

**WATERinMOTION®:** Tightens and tones the entire body with high energy, low impact movement in a dynamic, choreographed cardiovascular workout set to music

## Princeton Club West Group Exercise Classes by Category

### CREATIVE CARDIO

**CardioCore Fusion:** Offers cardio and core work using a variety of equipment and bodyweight exercises of varying intensities to improve cardiorespiratory fitness, muscle tone, and core stability

**BODY ATTACK by Les Mills:** Combines athletic movements like running, lunging and jumping with bodyweight strength exercises for a whole body workout to build stamina and improve agility

**BODY COMBAT by Les Mills:** Incorporates Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu in a high-energy, non-contact workout

**Turbo Kick:** Mixes kickboxing, dance, and martial arts in a fun, high-energy workout set to motivating music

**Cardio Dance:** Combines pop and Latin music with easy-to-follow dance steps that allow participants to move at their own pace

### POPULAR WITH OUR LEGENDS

**Body Sculpt:** Works the major muscle groups using a variety of equipment, body weight exercises, and daily functional movements

**Tabata Strength:** Alternates timed strength intervals using a variety of equipment with short periods of recovery in a full-body workout adaptable to all fitness levels and abilities

**FIT 20/20:** Combines 20 minutes of fun, easy-to-follow cardio with 20 minutes of light strength exercises and a relaxing stretch combination to finish

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

**Forever Active:** Maintains range of motion, increases muscular strength, and improves balance using a chair, light weights, and body weight for low to no-impact exercises aligned with daily, healthy living

**Cardio Dance:** Combines pop and Latin music with easy-to-follow dance steps that allow participants to move at their own pace

**ZUMBA GOLD:** Offers a lower intensity version of traditional Zumba dance choreography designed to meet the needs of seniors

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

### DANCE-Y PARTIES

**Cardio Dance:** Combines pop and Latin music with easy-to-follow dance steps that allow participants to move at their own pace

**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 world rhythms

**ZUMBA GOLD:** Offers a lower intensity version of traditional Zumba choreography designed to meet the needs of seniors

**Turbo Kick:** Mixes kickboxing, dance, and martial arts in a fun, high-energy workout set to motivating music

### MIND/BODY CONNECTIONS

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

**PiYo:** Combines the muscle-sculpting, core-firming elements of Pilates with the strength and flexibility of Yoga in a high-energy, low impact workout

**SHAPES by Les Mills:** Combines elements of Pilates, Barre, and Power Yoga in a low-impact, high-intensity workout that sculpts and strengthens the entire body

**Flow Yoga:** Links breath to movement in flowing, Vinyasa Yoga sequences that focus on alignment

**Power Flow:** Uses energetic patterns of movement and dynamic sequences set to music to discover strength & mobility and build balance & confidence

**Power Stretch:** Progresses through a creative series of stretches from mat to standing, promoting increased mobility and flexibility

**Slow Flow Yoga:** Links breath to movement in slower paced Vinyasa Yoga sequences with fewer poses that are held longer

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

### STRENGTH + CARDIO SWEAT SESSIONS

**FIT 20/20:** Combines 20 minutes of fun, easy-to-follow cardio with 20 minutes of light strength exercises and a relaxing stretch combination to finish

**Boot Camp Challenge:** Combines muscle conditioning exercises with athletic and cardio drills to build muscular endurance and strength

**HIIT Strength:** Alternates intervals of weighted strength and bodyweight cardio to increase muscular strength and cardiovascular endurance

**GRIT by Les Mills:** Builds strength and lean muscle by blasting the major muscle groups with high intensity exercises using barbells, weight plates and body weight

**BODY ATTACK by Les Mills:** Combines athletic movements like running, lunging and jumping with bodyweight strength exercises for a whole body workout to build stamina and improve agility

### STRENGTH-FOCUSED FORAYS

**Body Sculpt:** Works the major muscle groups using a variety of equipment, body weight exercises, and daily functional movements

**Tabata Strength:** Alternates timed strength intervals using a variety of equipment with short periods of recovery in a full-body workout adaptable to all fitness levels and abilities

**BODY PUMP by Les Mills:** Utilizes light to moderate weight with high repetitions to develop lean, athletic muscle for a full-body workout

**SHAPES by Les Mills:** Combines elements of Pilates, Barre, and Power Yoga in a low-impact, high-intensity workout that sculpts and strengthens the entire body

**STRENGTH DEVELOPMENT by Les Mills:** Incorporates low reps of controlled movements using heavier weights with a heightened focus on form for maximum muscle engagement to increase full body strength

**Athletic Abs & Power Glutes:** Uses body weight and a wide range of equipment for focused strength-building in the abs and glute muscles

**Iron Abs & Arms:** Builds strength in the upper body and abs using body weight work and a variety of equipment