





Group Exercise



www.princetonhealth&fitness.com

Princeton Health & Fitness Center 304-487-7876

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>There <u>IS</u> a class for everyone at PH&FC. <u>FIND YOURS.</u> Inspire your mind & transform your body with classes & workouts taught by instructors devoted to making it the very best hour of your day.</p>						<p>8:30 RIDE 1 w/CRYSTAL 9:00 Zumba CHRISTINA 10:00 BootyCamp SAMANTHA DOVE 10:30 Spartan w/STEVE</p>
	<p>5:15 Nicole/C 6:00 Crystal 9:00 Pam 10:15 Tracy 11:15 Tracy 4:15 Sam C 5:30 Mollie 6:30 Keith 7:45 No Class</p>	<p>9:00 Danielle 10:00 Linda 11:15 Dixie 3:00 No Class 4:15 Nancy/Z *5:15* Kim 5:30 Samantha 6:30 Christina/Z *6:30 Suzanne /C</p>	<p>6:00 Nancy 9:00 Pam 10:15 Tracy 11:15 Tracy 4:15 Stephanie 5:30 Sam C 6:30 Dusty</p>	<p>9:00 Danielle 10:15 Tray 11:15 Nancy 4:15 Nancy/Z *5:15 Hannah 5:30 Frank 6:30 Mollie/Z *6:30 Stacey /C 6:30 SPARTAN</p>	<p>5:15 Stacey/C 6:00 Stacey 8:00 Kim 9:15 Pam 11:15 Nancy</p>	<p>8:30 RIDE w/ SUZANNE 9:00 Zumba KATELYN 10:00 BodyPump KEITH 10:30 Spartan w/STEVE</p>
	<p>5:15 Jennifer/C 6:00 Sam C 9:00 Stephanie 10:15 Tracy 11:15 Tracy 4:15 Tiffany 5:30 Mollie 6:30 Keith 7:45 Christina</p>	<p>9:00 Nancy 10:00 Linda 11:15 Dixie 3:00 Nancy 4:15 Katelyn/Z *5:15* Kim 5:30 Samantha 6:30 Christina /Z *6:30*Jennifer/C</p>	<p>6:00 Kathy 9:00 Pam 10:15 Tracy 11:15 Nancy 4:15 Stephanie 4:15 Danielle 5:30 Sam C 6:30 Dusty</p>	<p>9:00 Pam 10:15 Nancy 11:15 Tracy 4:15 Mollie /Z *5:15 Hannah 5:30 Frank 6:30 Danielle/Z *6:30 Suzanne/C* 6:30 SPARTAN</p>	<p>5:15 Nicole/C 6:00 Crystal 8:00 Stephanie 9:15 Nancy 11:15 Tracy</p>	<p>8:30 RIDE w/KATHY 9:00 Zumba MOLLIE 10:00 BodyConst SAM-C 10:30 Spartan w/STEVE</p>
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	<p>5:15 Nicole/C 6:00 Keith 9:00 Pam 10:15 Tracy 11:15 SilverSneaker's Halloween Party 4:15 Sam C 5:30 Mollie 6:30 Stephanie 7:45 NO CLASS</p>					

**SilverSneaker's
Halloween Party
Monday, 10/31
11:15**

Everyone is invited to attend.

Costumes

recommended but not required

New to Class?

Arrive early & speak with the instructor so they can give you some pointers.

Focus on Fun! Don't worry about being perfect- we've all been there!

Don't give up... It usually takes a few classes before you will start to feel comfortable.

We believe in the power of Group Exercise Classes to help deliver fitness results to all members regardless of skill level, fitness level or age.

NEW CLASS - Barre, Booty & Ab Class - Wednesdays @ 4:15

**Upstairs in the Cycle/Yoga Studio. 1st Class 10/12
NO 7:45 PM CLASS Monday, October 31st.**

Group Exercise Class Descriptions

WE HAVE EVERYTHING YOU ARE LOOKING FOR IN A HEALTH CLUB!

Cycle and Evening *Yoga* Classes are held upstairs in the Yoga/Cycle Studio

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
5:15AM	*Cycle*				*Cycle*		
6:00 AM	Total body Challenge		Hard Core *Cycle*		Total body Challenge		
8:00 AM					Yoga	8:30 am Cycle	
9:00 AM	Total body Challenge		Intense Intervals	Barre Booty & Abs	Total body Challenge		
10:15 AM	Move & Groove	10 am Yoga	Move & Groove	Beginning Line Dancing		10 am Sat Morning Mix Up	
11:15 AM	Silver Sneakers®	Line Dancing	Silver Sneakers®	SilverSneakers Yoga	Silver Sneakers®	10:30 SPARTAN	
3:00 PM		Move & Groove					
4:15 PM	Intervals		Yoga Barre Booty & Abs-10/12				
5:30 PM		BODY COMBAT 5:15 * Yoga*	Body Under Construction	COMBAT PUMP 5:15 *Yoga*			
6:30 PM		 *Cycle* (Upstairs)		 *Cycle* SPARTAN			
7:45	Mixed Dance Fusion						

Yoga - PH&FC is proud to offer a full range of yoga classes to challenge All Fitness Levels.

Group Cycle Is an incredible heart-pumping workout. You will sprint & climb with a focus on effective interval training. Let the journey begin & enjoy the experience of indoor biking. All Fitness Levels

SilverSneakers® Classic Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement & activities for daily living. A chair is available for support, stretching and relaxation

Zumba Fitness- & Zumba Toning-Exciting Latin moves and rhythms are combined with hip-hop and international music to make a workout that is fun every time. JOIN THE PARTY for a calorie torching, high-energy cardio dance workout!

Move & Groove- Experience the joy of moving to music while improving your fitness level.

BODYCOMBAT –This fiercely energetic workout is inspired by martial arts. You will strike, punch, kick & kata your way through calories to SUPERIOR CARDIO FITNESS.

BODYPUMP-This 60- minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music & Motivating instructors!!!

Total Body Challenge- Increase lean muscle tissue & metabolism. Work with hand weights, body bars, medicine balls & more to BLAST THE FAT & DEFINE MUSCLE.

Spartan – This body-weight focused workout is conducted in a group setting. In an SGX class you bend, crawl, carry, hang, jump, lift, pull, run, sprint & squat ... This class will meet outside in the field

BodyUnder Construction- & **Intense Intervals** An intense hour long class utilizing interval training to strengthen the heart & lungs, improve endurance & agility and focus on high calorie burn during & after class.

Barre, Booty & Ab Class- A dance inspired lower body workout. Target those glutes, thighs and abs in this class.

Princeton Health & Fitness Center
Your Best Health Club Choice