



# GROUP EXERCISE APRIL 2024

SCAN TO



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
<b>Bring on the strength!!!</b> <b>**New Class**</b> <b>Wednesday 6:30 PM</b> <b>Increase muscle tone &amp; metabolism in this 1-hour class</b>	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G DIXIE 11:15 SS DIXIE 4:15 PS NANCY 5:30 S&S MARYBETH 6:30 KO BETH F	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SF MISSY 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C KEITH (gym)	6:00 HCC BETH F(gym)** 9:00 B&B PAM 10:15 M&G DIXIE 11:15 SS MISSY 4:15 PS ASHLEY 5:30 B&B SAMANTHA 6:30 UL MISSY	6:00 Y BETH F 9:00 PS PAM 9:15 Y SANDRA(up) 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/S SAMANTHA 6:30 Z RENA	6:00 PS BETH F 9:00 SDF NANCY 11:15 SS NANCY 4:15 PS ASHLEY	8:00 C BETH F(gym) 9:00 Z RENA 10:00 B&B BETH F
	7	8	9	10	11	12
<b>***NEW*** CLASS UPLIFT</b> <b>Wednesday 6:30PM</b> <b>BEGINNING IN APRIL</b>	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS KEITH 5:30 S&S STACEY 6:30 KO KEITH	6:00 C SAMANTHA 9:00 SDF MISSY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SF MISSY 5:30 Y SANDRA(up) 5:30 W/ST MARYBETH 6:30 SDF RANDI 6:30 C BETH F (gym)	6:00 HCC BETH F(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS DIXIE 4:15 PS ASHLEY 5:30 B&B JENNY 6:30 UL BETH H	6:00 Y BETH F 9:00 PS PAM 9:15 Y DANIELLE 10:15 BLD DIXIE 11:15 GY DIXIE 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/S FRANK 6:30 Z RENA	6:00 PS JENNY 9:00 SDF NANCY 11:15 SS MISSY 4:15 PS ASHLEY	8:00 C KEITH (gym) 9:00 SDF MISSY 10:00 B&B JR
	14	15	16	17	18	19
<b>STRENGTH TRAINING</b> <b>Get Stronger</b> <b>Get Leaner</b> <b>Increase Metabolism</b> <b>Get healthier</b>  <b>YOU CAN DO IT!!!</b>	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO JENNY	6:00 C SAMANTHA 9:00 SDF MISSY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SF NANCY 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C KEITH (gym)	6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS ASHLEY 5:30 B&B KEITH 6:30 UL MISSY	6:00 Y BETH F 9:00 PS NANCY 9:15 Y DANIELLE 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/S FRANK 6:30 Z RENA	6:00 PS STACEY 9:00 SDF NANCY 11:15 SS DIXIE 4:15 PS KEITH	8:00 C JENNY(gym) 9:00 SDF BETH H 10:00 B&B JENNY
	22	23	24	25	26	27
<b>IF IT DOESN'T CHALLENGE YOU, IT WILL NOT CHANGE YOU!</b>	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS MISSY 4:15 PS STACEY 5:30 S&S NANCY 6:30 KO JENNY	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C BETH F(gym)	6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS NANCY 5:30 B&B KEITH 6:30 UL BETH H	6:00 Y BETH F 9:00 PS PAM 9:15 Y DANIELLE 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA	6:00 PS BETH F 9:00 SDF NANCY 11:15 SS NANCY 4:15 PS JR	8:00 C SUZANNE(gym) 9:00 SDF RANDI 10:00 B&B JR
	28	29	30			
<b>TRY ONE OF OUR WEIGHT TRAINING CLASSES</b> <b>Mon &amp; Thu-9am</b> <b>Mon &amp; Wed-4:15</b> <b>Wed-6:30pm</b> <b>Fri-6am &amp; 4:15p</b>	6:00 HIIT SAMANTHA 9:00 PS NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO BETH F	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C KEITH(gym)				
	<b>***NEW CLASS***</b> <b>Wed - 6:30pm</b> <b>UPLIFT is a FUN, 1-hour choreographed strength training class. The music is fantastic!!! You will love it!</b>	<b>We monitor attendance in all classes. If any particular class has consistently low attendance , that class runs the risk of being canceled.</b>	<b>PH&amp;FC offers 54 Group Exercise Classes a week (Including Aqua) We have a class just right for YOU!</b>	<b>Please note: Instructors are subject to change on short notice.</b>	<b>WE LOVE HAVING "YOU" IN CLASS!</b>	<b>If you have any suggestions or questions about our classes Please contact Nancy Walker Thank you for supporting group exercise</b>

CLASS KEY: (For class descriptions, please see reverse side)

- BLD: Beginning Line Dancing
- B&B Box & Burn
- C: Cycle
- GY:Gentle Yoga
- HCC: Hard Core Cycle
- HIIT:High Intensity Interval
- LD: Line Dancing
- M&G: Move & Groove
- PS: Power Sculpt
- S&S: Step & Sculpt
- SF: SHINE DANCE FITNESS™
- SS: SilverSneakers Classic
- UL: Uplift™
- W/S: War/Strength
- Y: Yoga
- Z: Zumba