



GROUP EXERCISE SEPTEMBER 2022

SCAN TO



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www.princetonhealthandfitness.com / 304.487.7876

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
New Class Butts & Guts Monday 5:30pm				9:00 KO PAM 10:15 BLD NANCY 11:15 SSY NANCY 4:30 SF BETH 5:30 Y CANDICE 5:30 W/ST FRANK 6:30 Z RENA 6:30 C JENNY(gym)	6:00 CH FRANK 9:00 DF TONI 11:15 SS DIXIE	8:00 C SUZANNE(gym) 9:00 Z RENA
4	5	6	7	8	9	10
	Have a Safe & Happy Labor Day! PH&FC Labor Day hours 7am-5pm	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 DF TONI 5:30 Y DANIELLE (up) 5:30 W/ST FRANK 6:30 Z LEAH 6:30 C CASSY(gym)	6:00 HCC JENNY(gym)** 9:00 CH NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:30 B DANIELLE 5:30 PP PAM	9:00 KO PAM 10:15 BLD NANCY 11:15 SSY DIXIE 4:30 SF BETH H 5:30 Y SANDRA(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C SUZANNE(gym)	6:00 CH STACEY 9:00 Z NANCY 11:15 SS DIXIE	8:00 C KEITH(gym) 9:00 DF LEAH
11	12	13	14	15	16	17
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PP STACEY 5:30 B&G ASHLEY 6:30 KO JENNY	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 DF TONI 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 Z LEAH 6:30 C CASSY(gym)	6:00 HCC JENNY(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:30 T DANIELLE 5:30 PP ASHLEY	9:00 KO PAM 10:15 BLD NANCY 11:15 SSY NANCY 4:30 SF BETH H 5:30 Y SANDRA(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C JENNY(gym)	6:00 CH FRANK 9:00 Z NANCY 11:15 SS DIXIE	8:00 C TONI (gym) 9:00 SF BETH H
18	19	20	21	22	23	24
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PP KEITH 5:30 B&G JR 6:30 KO JENNY	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD NANCY 4:30 DF TONI 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 Z LEAH 6:30 C CASSY(gym)	6:00 HCC JENNY(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:30 T DANIELLE 5:30 PP ASHLEY	9:00 KO PAM 10:15 BLD NANCY 11:15 SSY NANCY 4:30 SF BETH H 5:30 Y SANDRA(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C SUZANNE(gym)	6:00 CH JENNY 9:00 Z NANCY 11:15 SS NANCY	8:00 C JENNY(gym) 9:00 Z TONI
25	26	27	28	29	30	
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PP STACEY 5:30 B&G ASHLEY 6:30 KO JENNY	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 DF TONI 5:30 Y CANDICE(up) 5:30 W/ST FRANK 6:30 SF BETH H 6:30 C KEITH (gym)	6:00 HCC JENNY(gym)** 9:00 CH NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:30 T DANIELLE 5:30 PP ASHLEY	9:00 KO PAM 10:15 BLD NANCY 11:15 SSY DIXIE 4:30 SF BETH H 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C JENNY(gym)	6:00 CH FRANK 9:00 Z TONI 11:15 SS DIXIE	
	THANK YOU FOR Supporting the Group Exercise Program at Princeton Health & Fitness Center	ALL CLASSES ARE FREE WITH YOUR MEMBERSHIP Contact Nancy Walker with any questions or concerns.	Please note: Instructors are subject to change on short notice. Thank you to those who step up & help out in times of need	PH&FC offers 50 Group Fitness Classes a week. Including Aqua classes. We have a class just right for YOU!		

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

BLD: Beginning Line Dancing

DF: Dance Fitness

LD: Line Dancing

SS: SilverSneakers Classic

W: War

B&G: Butts & Guts

HCC: Hard Core Cycle

M&G: Move & Groove

SSY: Silver Sneakers Yoga

Y: Yoga

C: Cycle

HIIT: High Intensity Interval

PP: Power Pump

ST: Strength Training

Z: Zumba

CH: Chisel

KO: KnockOut (boxing)

SF: Shine Fitness

T: Transform