



# GROUP EXERCISE SEPTEMBER 2022

SCAN TO



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

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

- |                             |                               |                    |                            |          |
|-----------------------------|-------------------------------|--------------------|----------------------------|----------|
| B: Barre                    | DF: Dance Fitness             | LD: Line Dancing   | SS: SilverSneakers Classic | W: War   |
| BLD: Beginning Line Dancing | HCC: Hard Core Cycle          | M&G: Move & Groove | SSY: Silver Sneakers Yoga  | Y: Yoga  |
| B&G: Butts & Guts           | HIIT: High Intensity Interval | PP: Power Pump     | ST: Strength Training      | Z: Zumba |
| C: Cycle                    | KO: KnockOut (boxing)         | SF: Shine Fitness  | T: Transform               |          |
| CH: Chisel                  |                               |                    |                            |          |