



# GROUP EXERCISE AUGUST 2021

SCAN TO



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www.princetonhealthandfitness.com / 304.487.7876

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
<b>STRONG IS BACK!!! EVERY MONDAY AT 5:30PM</b>	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH KEITH 5:30 S PAM 6:30 KO JENNY	9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 Z BETH H 5:30 Y DANIELLE(gym) 5:30 W/ST FRANK 6:30 Z DANIELLE	6:00 HCC BETH F(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 T DANIELLE 5:30 TR ASHLEY	6:00 Y NANCY 9:00 KO PAM 10:15 BLD NANCY 11:15 CY SANDRA 4:30 SF BETH H 5:30 Y CATHLEEN(up) 5:30 WAR FRANK 6:30 Z RENA 6:30 C JENNY(gym)	6:00 HCC KEITH(gym) 9:00 Z NANCY 11:15 SS REBECCA 4:30 CH KEITH	8:00 C SUZANNE(gym) 9:00 Z BETH H 10:00 B ASHLEY
8	9	10	11	12	13	14
<b>STRONG IS BACK!!! EVERY MONDAY AT 5:30PM</b>	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH KEITH 5:30 S PAM 6:30 KO BETH F	9:00 Z BETH H 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 Z BETH H 5:30 Y DANIELLE(gym) 5:30 W/ST FRANK 6:30 Z DANIELLE	6:00 HCC JENNY(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 T DANIELLE 5:30 TR ASHLEY	6:00 Y CATHLEEN 9:00 KO PAM 10:15 BLD DIXIE 11:15 CY SANDRA 4:30 SF BETH H 5:30 Y CATHLEEN(up) 5:30 W STACEY weight tr 6:30 Z RENA 6:30 C SUZANNE(gym)	6:00 CH BETH F 9:00 Z BETH H 11:15 SS REBECCA 4:30 T DANIELLE	8:00 C KEITH(gym) 9:00 Z DANIELLE 10:00 TAB KEITH
15	16	17	18	19	20	21
<b>STRONG IS BACK!!! EVERT MONDAY AT 5:30PM</b>	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH STACEY 5:30 S PAM 6:30 KO JR	9:00 Z NANCY 10:00 Y SANDRA 11:15 LD DIXIE 4:30 Z BETH H 5:30 Y SANDRA (up) 5:30 W/ST FRANK 6:30 Z BETH H	6:00 HCC BETH F(gym)** 9:00 CH NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:15 B ASHLEY 5:30 TR JENNY	6:00 Y NANCY 9:00 KO PAM 10:15 BLD NANCY 11:15 SSS NANCY 4:30 SF BETH H 5:30 Y CATHLEEN(up) 5:30 WAR FRANK 6:30 Z RENA 6:30 C SUZANNE(gym)	6:00 HCC JENNY(gym) 9:00 Z NANCY 11:15 SS REBECCA 4:30 CH KEITH	8:00 C SUZANNE(gym) 9:00 SF RENA 10:00 TR JENNY
22	23	24	25	26	27	28
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29	30	31				
<b>STRONG IS BACK!!! EVERY MONDAY AT 5:30PM</b>	6:00 HIIT SAMANTHA 9:00 CH NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH STACEY 5:30 S PAM 6:30 KO JR	9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 Z DANIELLE 5:30 Y SANDRA(up) 5:30 W/ST FRANK 6:30 Z BETH H				
PH&FC is much more than your typical gym. We are a community of families of all ages who want to look & feel their best.	<b>STRONG IS BACK Monday Evening at 5:30pm</b>	We love having you in class, however if class attendance is consistently low that class runs the risk of being canceled	Please note: Instructors are subject to change on short notice. Thank you to those who step up & help out in times of need	We are your Best Health Club Choice! PH&FC offers professional exercise to put life back into your workouts.	<b>ALL CLASSES ARE FREE WITH YOUR MEMBERSHIP</b> Contact Nancy Walker with any questions or concerns.	

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

BLD: Beginning Line Dancing

B: Barre

C: Cycle

CH:Chisel

CY:Chair yoga

\*\* (gym) Denotes classes taught in the Kid's Gym

HCC: Hard Core Cycle

HIIT:High Intensity Interval

KO: KnockOut (boxing)

LD: Line Dancing

M&G: Move & Groove

ST: Strength Training

SF: Shine Fitness

SS: SilverSneakers Classic

SSY: Silver Sneakers Yoga

S: STRONG

TAB: Tabata Training

TBC: Total Body Challenge

T: Transform

TR: Tramp-O-Lean

W: War

Y: Yoga

Z: Zumba