



GROUP EXERCISE SEPTEMBER 2023

SCAN TO



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www.princetonhealthandfitness.com / 304.487.7876

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:30PM Class on Friday is Back Beginning September 8th	YOGA TUESDAY & THURSDAY 5:30PM (upstairs)			6:00 CH KEITH 9:00 SDF NANCY 11:15 SS DIXIE	NO CLASSES Have a safe Holiday Weekend
3	4	5	6	7	8	9
	Have a Safe and Happy Labor Day!	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SF RANDI 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 SDF MISSY 6:30 C BETH F(gym)	6:00 HCC JENNY(gym)** 9:00 KO PAM 10:15 M&G TRACY 11:15 SS NANCY 4:30 T DANIELLE 5:30 KO ASHLEY	6:00 Y BETH F 9:00 CH PAM 9:15 Y DANIELLE (up) 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C STACEY(gym)	6:00 CH BETH F 9:00 SDF NANCY 11:15 SS TRACY 4:30 CH ASHLEY	8:00 C JENNY(gym) 9:00 SDF MISSY 10:00 KO JR
10	11	12	13	14	15	16
	6:00 HIIT BETH F 9:00 CH PAM 10:15 M&G DIXIE 11:15 SS NANCY 4:15 CH STACEY 5:30 S Step demo class 6:30 KO JENNY	6:00 C BETH F(gym) 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 KO PAM 10:15 M&G DIXIE 11:15 SS NANCY 4:30 T DANIELLE 5:30 KO JR	6:00 Y BETH F 9:00 CH AHSLEY 9:15 Y DANIELLE (up) 10:15 BLD DIXIE 11:15 GY DIXIE 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C BETH F(gym)	6:00 CH BETH F 9:00 SDF MISSY 11:15 SS MISSY 4:30 CH ASHLEY	8:00 C SUZANNE(gym) 9:00 SDF BETH H 10:00 KO ASHLEY
17	18	19	20	21	22	23
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS DIXIE 4:15 CH STACEY 5:30 B&G ASHLEY 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 DANIELLE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C BETH F(gym)	6:00 HCC JENNY(gym)** 9:00 KO ASHLEY 10:15 M&G TRACY 11:15 SS MISSY 4:30 T DANIELLE 5:30 KO KEITH	6:00 Y BETH F 9:00 CH PAM 9:15 Y DANIELLE (up) 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C KEITH(gym)	6:00 CH STACEY 9:00 SDF NANCY 11:15 SS NANCY 4:30 CH KEITH	8:00 C BETH F(gym) 9:00 Z RENA 10:00 KO BETH F
24	25	26	27	28	29	30
	6:00 HIIT SAMANTHA 9:00 CH NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH STACEY 5:30 B&G ASHLEY 6:30 KO JR	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 STACEY(gym)	6:00 HCC BETH F(gym)** 9:00 KO PAM 10:15 M&G TRACY 11:15 SS TRACY 4:30 T DANIELLE 5:30 KO JENNY	6:00 Y BETH F 9:00 CH PAM 9:15 Y DANIELLE (up) 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF BETH H 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C KEITH(gym)	6:00 CH JENNY 9:00 SDF NANCY 11:15 SS MISSY 4:30 CH KEITH	8:00 C SUZANNE(gym) 9:00 SDF RANDI 10:00 KO JENNY
	Please note: Instructors are subject to change on short notice.	PH&FC offers Over 50 Group Exercise Classes a week (Including Aqua) We have a class just right for YOU!				

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

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