



GROUP EXERCISE AUGUST 2024

SCAN TO



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The Fun Begins in one of our Group Ex Classes @ PH&FC With so much to choose from, there is a class Perfect for YOU!</p>	<p>Please be aware of changes to the schedule due to instructor's summer vacations</p>	<p>Choosing the right Group Exercise Class is a perfect way to get back to the GYM after that summer break We Can Help YOU!</p>		<p>6:00 Y BETH F 9:00 PS JENNY 9:15 Y DANIELLE 10:15 BLD DIXIE 11:15 GY NO CLASS 4:30 SDF MISSY 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA</p>	<p>6:00 PS BETH 9:00 SDF NO CLASS 11:15 SS MISSY 4:15 PS JR</p>	<p>8:00 C SUZANNE 9:00 SDF RANDI 10:00 B&B JR</p>
<p>IF IT DOESN'T CHALLENGE YOU, IT WILL NOT CHANGE YOU!</p>	<p>6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO JENNY</p>	<p>6:00 C SAMANTHA 9:00 SDF NO CLASS 10:00 Y DANIELLE 11:15 LD NO CLASS 4:30 SDF RANDI 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 SDF RENA 6:30 C BETH (gym)</p>	<p>6:00 HCC BETH(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS KEITH 5:30 B&B KEITH 6:30 UL RANDI</p>	<p>6:00 Y BETH F 9:00 PS NANCY 9:15 Y SANDRA(up) 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF RANDI 5:30 Y DENISE(up) 5:30 W/S FRANK 6:30 Z RENA</p>	<p>6:00 PS STACEY 9:00 SDF NANCY 11:15 SS NANCY 4:15 PS BETH</p>	<p>8:00 C BETH 9:00 Z RENA 10:00 B&B BETH</p>
<p>BELIEVE IN YOURSELF</p>	<p>6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO BETH</p>	<p>6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y SANDRA(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C STACEY (gym)</p>	<p>6:00 HCC KEITH(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS DIXIE 4:15 PS NANCY 5:30 B&B SAMANTHA 6:30 UL MISSY</p>	<p>6:00 Y BETH 9:00 PS NANCY 9:15 Y DANIELLE 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF MISSY 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA</p>	<p>6:00 PS BETH 9:00 SDF NANCY 11:15 SS NANCY 4:15 PS BETH</p>	<p>8:00 C KEITH 9:00 SDF MISSY 10:00 B&B KEITH</p>
<p>Back to SCHOOL Back to The GYM!!!</p>	<p>6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S NANCY 6:30 KO JENNY</p>	<p>6:00 C SAMANTHA 9:00 SDF MISSY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF NANCY 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C BETH (gym)</p>	<p>6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS MISSY 4:15 PS NANCY 5:30 B&B KEITH 6:30 UL RANDI</p>	<p>6:00 Y BETH 9:00 PS NANCY 9:15 Y DANIELLE(up) 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF RANDI 5:30 Y DENISE(up) 5:30 W/S FRANK 6:30 Z RENA</p>	<p>6:00 PS BETH 9:00 SDF NANCY 11:15 SS NANCY 4:15 PS BETH</p>	<p>8:00 C JENNY 9:00 Z RANDI 10:00 B&B SAMANTHA</p>
<p>A LITTLE PROGRESS EACH DAY ADDS UP TO BIG RESULTS!</p>	<p>6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO JENNY</p>	<p>6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y SANDRA(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C SAMANTHA(gym)</p>	<p>6:00 HCC JENNY (gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PS KEITH 5:30 B&B SAMANTHA 6:30 UL MISSY</p>	<p>6:00 Y NO CLASS 9:00 PS NANCY 9:15 Y DANIELLE 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF MISSY 5:30 Y DENISE(up) 5:30 W/S FRANK 6:30 Z RENA</p>	<p>6:00 PS KEITH 9:00 SDF NANCY 11:15 SS MISSY 4:15 PS JR</p>	<p>8:00 C SUZANNE 9:00 SDF RENA 10:00 B&B JENNY</p>
<p>Exercise is a Celebration of what your body CAN DO!</p>	<p>If you have any suggestions or questions about our classes Please contact Nancy Walker Thank you for supporting group exercise</p>	<p>We monitor attendance in all classes. If any particular class has consistently low attendance , that class runs the risk of being canceled.</p>	<p>PH&FC offers 54 Group Exercise Classes a week (Including Aqua) We have a class just right for YOU!</p>	<p>Please note: Instructors are subject to change on short notice.</p>	<p>WE LOVE HAVING "YOU" IN CLASS!</p>	

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

- B&B Box & Burn
- BLD: Beginning Line Dancing
- BOOTCAMP: Military style fitness class
- 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