



GROUP EXERCISE AUGUST 2022

SCAN TO



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G NANCY 11:15 SS NANCY 4:15 CH STACEY 5:30 BC ASHLEY/JR 6:30 KO JENNY	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y SANDRA 11:15 LD NANCY 4:30 Z STACEY 5:30 Y CANDICE(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 B ASHLEY 5:30 PP PAM	9:00 KO PAM 10:15 BLD NANCY 11:15 SSY NANCY 4:30 Z 5:30 Y SANDRA(up) 5:30 W/ST FRANK 6:30 Z RENA 6:30 C SUZANNE(gym)	6:00 PP STACEY 9:00 Z NANCY 11:15 SS TRACY	8:00 C CASSY(gym) 9:00 Z RENA
7	8	9	10	11	12	13
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 CH STACEY 5:30 BC ASHLEY/JR 6:30 KO JENNY	6:00 C SAMANTHA 9:00 Z NANCY 10:00 Y SANDRA 11:15 LD DIXIE 4:30 DF TONI 5:30 Y CANDICE (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 ASHLEY 5:30 PP PAM	9:00 KO PAM 10:15 BLD DIXIE 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 JENNY(gym)	6:00 PP STACEY 9:00 Z TONI 11:15 SS DIXIE	8:00 C KEITH(gym) 9:00 DF TONI
14	15	16	17	18	19	20
	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH KEITH 5:30 BC TONI/JR 6:30 KO JENNY	6:00 C SAMANTHA 9:00 Z STACEY 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 PAM	9:00 KO PAM 10:15 BLD DIXIE 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 PP STACEY 9:00 Z NANCY 11:15 SS DIXIE	8:00 C SUZANNE (gym) 9:00 SF BETH H
21	22	23	24	25	26	27
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28	29	30	31			
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31	<p>THANK YOU FOR Supporting the Group Exercise Program at Princeton Health & Fitness Center</p>		<p>ALL CLASSES ARE FREE WITH YOUR MEMBERSHIP Contact Nancy Walker with any questions or concerns.</p>	<p>Please note: Instructors are subject to change on short notice. Thank you to those who step up & help out in times of need</p>	<p>PH&FC offers 50 Group Fitness Classes a week. Including Aqua classes. We have a class just right for YOU!</p>	

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

BLD: Beginning Line Dancing

DF: Dance Fitness

LD: Line Dancing

SS: SilverSneakers Classic

W: War

BC: BootCamp

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