



GROUP EXERCISE FEBRUARY 2025

SCAN TO



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:00 C KEITH 9:00 SDF RANDI 10:00 B&B KEITH
	SilverSneaker Valentine's Day Party Wed, 2/12-11:15 Group Ex Studio					
2	3	4	5	6	7	8
UPLIFT 2:30 RANDI Special Event ANIMAL PRINTS & ROCK BANDS Don't miss it!	6:00 HIIT SAMANTHA 9:00 PS ASHLEY 10:15 M&G TRACY 11:15 SS MISSY 4:15 PS ASHLEY 5:30 MM Mon Maddness 6:30 B&B JENNY	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 Z LEAH 5:30 Y DENISE (up) 5:30 W/ST FRANK 6:30 C BETH (gym) 6:30 Z RENA	6:00 HCC JENNY(gym)** 9:00 B&B NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 B&B KEITH 6:30 UL RANDI	6:00 Y BETH 9:00 PS STACEY 9:15 Y SAM(up) 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF RANDI 5:30 W/S FRANK 5:30 Y SAM (up) 6:30 Z RENA	6:00 PS STACEY 9:00 SDF NANCY 11:15 SS MISSY	8:00 C JENNY 9:00 Z RENA 10:00 B&B JR
9	10	11	12	13	14	15
UPLIFT 2:30 RANDI	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS NANCY 5:30 MM Mon Maddness 6:30 B&B JENNY	6:00 C SAMANTHA 9:00 SDF LEAH 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF NANCY 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 C BETH (gym) 6:30 Z RENA	6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS SS Valentine's Day *Party* 4:15 PS STACEY 5:30 B&B SAMANTHA 6:30 UL RANDI	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 SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA	6:00 PS BETH 9:00 SDF NANCY 11:15 SS NANCY	VALENTINE'S DAY! 8:00 C SUZANNE 9:00 Z LEAH 10:00 B&B SAMANTHA
16	17	18	19	20	21	22
NO CLASS	6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G DIXIE 11:15 SS DIXIE 4:15 PS STACEY 5:30 MM Mon Maddness 6:30 B&B BETH	6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y SAM 11:15 LD DIXIE 4:30 SDF RANDI 5:30 Y SAM(up) 5:30 W/ST FRANK 6:30 C BETH (gym) 6:30 Z LEAH	6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G DIXIE 11:15 SS NANCY 4:15 PS ASHLEY 5:30 B&B KEITH 6:30 UL RANDI	6:00 Y BETH 9:00 PS NANCY 9:15 Y DANIELLE(up) 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF MISSY 5:30 W/S SAMANTHA 5:30 Y DENISE(up) 6:30 Z RENA	6:00 PS JENNY 9:00 SDF NANCY 11:15 SS MISSY	8:00 C BETH 9:00 SDF MISSY 10:00 B&B JR
23	24	25	26-Jan	27	28	
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	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!	Please note: Instructors are subject to change on short notice	PH&FC offers 54 Group Exercise Classes a week (Including Aqua) We have a class just right for YOU!	We monitor attendance in all classes. If any class has consistently low attendance , that class runs the risk of being canceled or replaced	If you have any suggestions or questions about our classes Please contact Nancy Walker Thank you for supporting group exercise	

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

- B&B Box & Burn
- BLD: Beginning Line Dancing
- C: Cycle
- GY:Gentle Yoga
- HCC: Hard Core Cycle
- HIIT:High Intensity Interval
- LD: Line Dancing
- M&G: Move & Groove
- MM: Monday Madness
- PS: Power Sculpt
- S&S: Step & Sculpt
- SF: SHINE DANCE FITNESS™
- SS: SilverSneakers Classic
- UL: Uplift™
- W/S: War/Strength
- Y: Yoga
- Z: ZUMBA DANCE FITNESS