WEDNESDAY 2/8
Cycle 7am-7:45am  GFR
BodyPump® Express 8am-8:30am  GFR
Figure Skating 8:30am-9:20am  Baker Rink
Squash Fundamentals 9am-9:50am  Squash Cts
Tennis-Intermediate/Adv 9am-9:50am  Jadwin
Tennis-Beginner/Adv Beg 10am-10:50am  Jadwin
Vinyasa Yoga 12pm-1pm  MPR
Barre Fit 12:15pm-1:05pm  Dance St
CXWORX® 5pm-5:30pm  GFR
Zumba® 5:15pm-6:05pm  MPR
Cycle 5:45pm-6:30pm  GFR
BodyPump® 6:45pm-7:45pm  GFR
Tai Chi 7:30pm-8:45pm  MPR

THURSDAY 2/9
Wake-Up 7:30am-8:20am  GFR
Tennis-Intermediate/Adv 9am-9:50am  Jadwin
Cycle & Sculpt 12pm-12:50pm  GFR
Vinyasa Yoga 4:45pm-5:45pm  MPR
BodyPump® 5pm-6pm  GFR
BodyCombat® 6pm-7pm  MPR
CXWORX® 6:15pm-6:45pm  GFR

FRIDAY 2/10
Pilates 12pm-1pm  GFR
Belly Dance Basics 1:45pm-3pm  GFR
Belly Dance II 3pm-4:15pm  GFR
BodyPump® 4:30pm-5:30pm  GFR
Cardio Dance 5pm-5:50pm  MPR
Golf Made Simple 5pm-6pm  Squash Cts
Hatha Yoga 5:30pm-6:30pm  GFR

SATURDAY 2/11
BodyPump® 10am-11am  GFR
CXWORX® 11:10am-11:40am  GFR
Brazilian Jiu Jitsu 1:30pm-3pm  Martial Art
Mixed Martial Arts Drills 3pm-4pm  Martial Art

SUNDAY 2/12
Krav Maga I 1pm-2:30pm  GFR
Krav Maga II 2:30pm-4pm  GFR
Meditation in Action 5pm-6:15pm  Dance St
Doonya® 7:30pm-8:20pm  GFR

PU ID required for entry. Non-Dillon Members must sign waiver at front desk.
Questions: knitti@princeton.edu
All classes held at Dillon Gym with the following exceptions: Tennis-Jadwin Gym, Figure Skating-Baker Rink
GROUP FITNESS CLASSES
These classes require a punch card starting 2/13.

BARRE FIT- A highly effective all-level barre workout to create a lean, strong and flexible body. Inspired by both ballet and pilates, this fat-burning interval training will build core and arm strength as well as sculpt legs and glutes. A fluid warm-up and restorative stretching are included.

BODYCOMBAT® - This empowering cardio workout is inspired by martial arts. Supported by energizing music, you punch, strike and kick your way through calories to superior cardio fitness!

BODYPUMP®- This total body strength class will target all of your major muscle groups. Using the best weight-room exercises like squats, presses, lifts and curls, you’ll be inspired to get the results you came for—fast!

BODYPUMP® EXPRESS-- Focusing on major muscle groups. Your favorite barbell class shortened to 30 minutes.

BODYSCULPT- This total body workout will incorporate the use of the stability balls and dumbbells for strength and core stability.

CARDIO DANCE- This high-energy class has easy to follow choreography to popular music. Get out on the dance floor and show off your moves! You'll forget that you're working out.

CYCLE & SCULT- An energizing class combining 25 minutes of cycling and 25 minutes of strength, balance and flexibility exercises utilizing various pieces of equipment including weights, bands, balls to create a unique & well rounded total body experience.

CXWORK®- Exercising muscles around the core provides a stronger body. This 30-minute workout uses resistance tubes and weight plates as well as body weight exercises like crunches and hoovers.

NEW! DOONYA®- Dance fitness Bollywood workout using high intensity interval training. If you like Zumba you will love Doonya!

NEW! THE MELT METHOD® WITH PILATES - Using easy and gentle specialized techniques and a soft foam roller, MELT helps you identify stuck stress in your body and teaches you how to get rid of it. It helps to increase your balance, stability, agility and joint mobility and increases your athletic performance as well as helps create a general ease of everyday movement. Adding classic Pilates movements will help condition the core and improve your posture. All levels welcome for this total body workout.

PILATES- As a certified comprehensive Pilates Instructor from BASI, Karen creates a total body workout starting with the core working it's way through the entire body. Developing strength, flexibility and coordination, Karen's experience provides a welcoming class for all levels including athletes and special populations.

TRX® CIRCUIT- A non-stop workout that includes functional training, strength and cardio exercises with and without TRX suspension. This class will energize and motivate you to work to your potential. All levels.

WAKE-UP! - This class incorporates all muscle groups. A variety of equipment is used in this circuit style cardio and resistance class. Choreography is simple. Participants can work at their own level and move towards challenge. Lo/no impact is always an option. Session ends with a wonderful stretch. A great way to start your day!

ZUMBA®- This cardio workout fuses hypnotic musical rhythms and tantalizing moves. It’s easy to do! Featuring interval training, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add international music into the mix and you’ve got ZUMBA!

CYCLE
These classes require a punch card starting 2/13.

CYCLE W/CAROLINE- A 45-minute indoor cycling class that includes aerobic and anaerobic interval training paired with high intensity interval drills and endurance work. Classes are designed to push riders out of their comfort zones for longer interval stretches, increase in cardiovascular stamina and develop skills to improve fitness levels. Rides are set to fun pump up music that will get you sweating and torching those calories.

CYCLE W/CAITLIN- Looking for an intensive cardio workout with a team dynamic? This workout simulates hill-climbing, sprints, and interval sets of outdoor road cycling, but also includes the motivational benefits of pushing yourself in a group. Interval zone and strength zone classes will focus on cardiovascular fitness and fat burning with mild leg strength training.

CYCLE W/DARIUS- Burn mega calories in this energizing simulated cycling class. Workout with motivating music, visualization and motivational strategies to thrust you towards your fitness goals. In this class, you will discover the best aspects of the interval and strength zones of spinning. Jump, climb and sprint your way to being a fitter you.

CYCLE W/GRANT- Interval based class with emphasis on intensive cardio and mild leg strength training while riding to your favorite tunes.

CYCLE W/MEGAN M- This class will alternate Interval and Strength focused workouts. For interval weeks, you will ride on a journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you climb hills, perform sprints and other drills to give you a great interval workout. For strength weeks, you will ride in the hills for the majority of class. You will be working on your strength energy zone, tackling a few big hills or simulating smaller rolling hills.

CYCLE & SCULPT W/DOREEN- An energizing class combining 25 minutes of cycling and 25 minutes of strength, balance and flexibility exercises utilizing various pieces of equipment including weights, bands, balls to create a unique & well rounded total body experience.
DANCE

Instructional Classes will require registration by 2/13.

Belly Dance Basics—$55
FRI—1:45pm-3:00pm
starts 2/17
8 weeks
Celebrate the timeless, universal, feminine dance. This class explores the basic traditional movements of Middle Eastern Dance including arm, hand and hip movements. This class is designed for the beginner but all levels are welcome. We focus on the foundational elements of Middle Eastern dance such as body awareness, the anatomy of hip work and other isolations, an intro to rhythm structure, an intro to improvisation and building a dance (movement) vocabulary. Please bring a scarf for your hips.

Belly Dance II—$55
FRI—3:00pm-4:15pm
starts 2/17
8 weeks
This class is designed for the student who would like to continue the exploration and excitement of Middle Eastern Dance. This class may be taken in conjunction with the Belly Dance Basics class. This class includes building on the foundational elements of Middle Eastern dance, putting the dance (movement) vocabulary into combinations and developing your Middle Eastern rhythm vocabulary. Some experience is recommended.

SPECIAL INTEREST

Instructional Classes will require registration by 2/13.

Figure Skating—$55
WED—8:30am—9:20am
starts 2/15
8 weeks
This class is designed for those who would like to learn basic ice skating moves or improve on ones that they already know. Everyone can move at their own pace, learning as much or as little as they are comfortable with. It is helpful to have previous skating experience, but not necessary. Participants must provide their own skates. No membership is required. Held at Baker Rink. Taught by Club Figure Skating.

NEW!
Golf Instruction Made Simple, Session 1—$55
FRI—5:00pm-6:00pm
starts 2/17
4 weeks
Golf Instruction Made Simple, Session 2—$55
FRI—6:15pm-7:15pm
starts 2/17
4 weeks
Golf Instruction Made Simple, Session 3—$55
FRI—5:00pm-6:00pm
starts 4/7
4 weeks
Golf is a challenging game you can play and enjoy with friends, family and for business purposes for a lifetime. This class focuses on building a strong foundation for all based on fundamentals. You’ll learn to create a powerful and repeatable golf swing, consistent ball striking, short game and putting skills, how to capitalize on the power of golf to maximize your business success, rules, etiquette and more.

RACQUET SPORTS

Instructional Classes will require registration by 2/13.

Squash Fundamentals—$70
M/W—9:00am—9:50am
starts 2/13
8 weeks
Learn the fundamentals of Princeton’s favorite court game. This introductory course covers forehand and backhand drills, service and service returns, volleys and basic strategies of the game. Protective eyewear is provided; other equipment is available at an additional cost.

Beginner/Adv. Beginner Tennis—$70
M/W—10:00am-10:50am
starts 2/13
8 weeks
This course is intended for the novice player or a player who has had a few lessons. Instruction covers the fundamentals of stroke production, movement and tactics using games and drills along with match play emphasizing doubles. Also covered are keeping score, common terminology and rules of the game. Equipment is provided. No membership is required.

Intermediate/Advanced Tennis—$70
T/TH—9:00am-9:50am
starts 2/14
8 weeks
This course is intended to refine and focus the skills learned in the Beginning Tennis classes. Drills are used to develop consistency, depth and pace. Equipment is provided. No membership is required.

Intermediate/Advanced Tennis—$70
M/W—9:00am—9:50am
starts 2/13
8 weeks
This course is intended to refine and focus the skills learned in the Beginning Tennis classes. Drills are used to develop consistency, depth and pace. Equipment is provided. No membership is required.
Yoga 101 requires registration. There is no fee for Princeton University students.

Yoga 101 — $55

M—6:15pm—7:15pm

starts 2/13  8 weeks

In this class students will learn the basics of yoga in a safe, supportive environment through a combination of instruction and practice. Students will be introduced to the principles of proper alignment and postures in yoga and will feel prepared to take “all-level” yoga classes. The teacher will also provide a foundation in yogic breathing and meditation techniques, as well as some of the core philosophies behind this ancient tradition. Yoga 101 is appropriate for both brand new students and for those feeling they need a refresher course to help them understand the practice of yoga. Yoga is appropriate for everyone, whatever their fitness level, flexibility, or age. It is recommended that you bring your own yoga mat.
These classes require a punch card FOR DILLON GYM MEMBERS starting 2/13.

All Yoga Classes are FREE to Princeton University Students starting 2/13.

PU ID is required for entry.

**YOGA W/ALISA**

Classical yoga postures, detailed alignment cues, strong emphasis of breath awareness and honoring the body. This Mixed Level Hatha Yoga Class invites balance and harmony with a deep connection to the sanctuary within.

**YOGA W/RUTH**

Vinyasa yoga places emphasis on the connection between breath and movement. Classes will vary in physical and mental challenge levels, sometimes geared more towards a strenuous physical practice, sometimes focusing more on breath, flexibility or balance. All levels welcome.

**YOGA W/SIMON**

Tuesday: Chill Flow Vinyasa

Enjoy a slowly developing, flowing sequence of postures that are fluidly powerful and energetically alive; a movement meditation for mental focus and overall lightness. Create space in the joints and spine, calm the nervous system and balance your energy. The asana flow is similar to the way tai-chi is practiced; slow, methodical and meditative. The practice seamlessly integrates fluid namaskars, deep hip-openers, restorative twisting, back bending and calming forward bends. Experience an evolution toward blissful relaxation, pranayama and meditation.

Thursday: Vinyasa Flow

A Vinyasa Flow practice that is a blend of classical and modern styles. Practice dynamic asana as a movement mediation in an open system that guides the student to feel the Yoga practice as an unscripted adventure. There is a focus on the inner workings of the breath on the body and mind; artful and creative transitions that add elegance to the flow of the practice. Alignment is detailed and energetic, yet adaptive for the individual practitioner. The principles of Vinyasa are utilized to create an evolutionary practice that is appropriate for students of all levels.