FREE TRIAL WEEK!
Monday, February 5, 2018, to Sunday, February 11, 2018:
Over 60 free classes to choose from on our free week schedule. This includes all Group Fitness, Yoga/Pilates and Cycle classes, as well as selected Dance, Special Interest and Martial Arts classes. These classes will be free to all PU students, faculty, staff and Dillon Gym Members.

Starting Monday, February 12, 2018:
Registration will be required for all instructional classes. Flex passes will be required for all Group Fitness, Yoga/Pilates and Cycle classes. (Yoga classes are free for PU Students)

NOTES ON INSTRUCTIONAL PROGRAMS:
There are no instructional classes during break periods. Please check registration for dates of all classes.

REGISTRATION DATES:
Online registration is available beginning on Tuesday January 2, 2018 at campusrec.princeton.edu

REFUND POLICY:
You can drop a class for any reason during the first week of classes. No refund requests will be accepted after Sunday, February 18, 2018.

There will be NO REFUNDS issued for Flex passes.

*Questions regarding group and instructional fitness programs should be directed to Kara Nitti, knitti@princeton.edu
GROUP FITNESS CLASSES
All group fitness classes require a FLEX PASS.

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!

CARDIO STRENGTH – This 45 minutes class starts with low and high impact cardio aerobic exercises and leads into total body sculpting exercises using dumbbells, body bars and other equipment. Modifications are available for a low impact workout.

CXWORX® - 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 hovers.

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

PILATES - A total body workout starting with the core working its way through the entire body. Developing strength, flexibility and coordination, this class is a welcoming class for all levels including athletes and beginners.

SCULPT - 30 minute total body workout using dumbbells and compound exercises to build strength, coordination and core stability.

SHADOWBOXING - Shadow boxing is a cardio base and full body workout. This is a no contact class. No gloves needed. We will learn the basic boxing punches. Adding hand weights with a series of punches to develop great arms and shoulders., while maintaining a great cardio vascular level for a healthy lifestyle.

SOULBODY BARRE UNHITCHED® - SoulBody Barre is an invigorating total body workout with a more athletic approach created from using the most progressive techniques and cutting edge choreography set to motivating music that will transform your body resulting in power, physical grace and stamina. ‘Unhitched’ is designed to teach without a barre but to give the same great results.

TOTAL BODY TONING - 30 minute full body conditioning that will firm, shape and define while utilizing equipment such as dumbbells, bands and balls. Adjustable weights and reps make this class suitable for all levels.

TRX® - 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!

Flex Pass REQUIRED
For a current schedule or to purchase a Flex Pass go to:
campusrec.princeton.edu
**CYCLE**

*All cycle classes require a **FLEX PASS.***

**CYCLE W/BRETT**- A 45-minute high intensity experience that's more than just a workout - it'll leave you feeling invigorated, inspired and refreshed as you take on physical challenges like climbs, sprints and jumps, all set to energetic, unique playlists. Come ready to sweat, and leave feeling ready to take on anything that comes your way.

**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/CURRIE**- In this HIIT 45 minute cycle class, we will hit hill climbs and sprints with a playlist that keeps both energy and motivation high. In a workout that targets abs, glutes and inner thigh muscles, you'll cover your cardio and strength training in one go. This class combines both high resistance and speed sections to give you the best full body workout possible. But best of all, we will have fun doing it. Open to any level cyclists.

**CYCLE W/DOOREN**- 30 minute interval ride consisting of climbs, jumps, and sprints to fluctuate your heart rate and build strength in your heart, lungs and mind. Quick and effective.

**CYCLE W/JESSICA**- This fast-paced, high energy workout adds a supportive team dynamic to help you achieve your individual workout goals. A high spirited soundtrack sets the tone for the 45 minute class combining cardio, endurance, and strength training. A great class for all levels - including those new to cycling.

**CYCLE W/LAURIE**- Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Come find the inspiration you’ve been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists!

**CYCLE W/MIKHAEL**- 45 minutes of group cycle modeled after Princeton’s Club Cycling Team. Hill climbs, straightaway sprints, and sustained tempo throughout. Like we say on the Team, “Study to pass, ride to win!”

**CYCLE W/SAM**- This 45 minute group cycle class uses the music as the guide for the workout- you will ride to the tempo of the music and match your resistance accordingly. The workout incorporates slow, steady hills, sprints and endurance tracks. Get ready to sweat it out and get lost in the beat!

**CYCLE W/SORAYA**- This 45-minute indoor cycle workout is the perfect way to incorporate cardio and strength training into your day. A combination of speed, hill-climbing, and interval exercises set to a vibrant playlist that will get your blood pumping and energy going as you push to reach your personal fitness goals in a supportive team environment.

**CYCLE W/VIV**- Treat your body to a sweat-inducing, stress-relieving workout that will leave you looking and feeling great. Whether you are new to cycle or an experienced rider, this class will motivate you to push yourself in a group setting. Expect bangin’ tunes and varied workouts.

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**Flex Pass REQUIRED**

For a current schedule or to purchase a Flex Pass go to:

[ campusrec.princeton.edu ](http://campusrec.princeton.edu)
YOGA

Yoga classes require a FLEX PASS for Dillon Gym Members.
All Yoga Classes are FREE for Princeton University Students.

MEDITATION W/MACKENZIE – Join us for an hour of quieting the mind and relaxing the body. All levels welcome. This class includes easy introduction to mindfulness of breath and motion.

MIDDAY STRETCH W/DOREEN– 30 minutes of Pilates and yoga based stretches to lengthen the muscles and increase flexibility.

HATHA 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.

GENTLE YOGA W/JENNIFER- This therapeutic yoga class focuses on encouraging breath, balance, flexibility, and strength work to help improve mobility. All levels are welcome, come to relax your body and mind.

GENTLE FLOW YOGA W/KATHLEEN- This style of yoga is a bridge between flowing poses and a stationary practice. It’s a perfect blend of movement with your breath that equally strengthens and stretches your muscles while repairing areas that need a massage. This class is for those that are new to yoga or for those that would like to maintain a well balanced practice.

VINYASA 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.

CHILL FLOW YOGA W/SIMON- 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.

VINYASA FLOW W/SIMON- A Vinyasa Flow practice that is a blend of classical and modern styles. Practice dynamic asana as a movement meditation 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.

YOGA NEXT LEVEL W/SIMON - Practice with agility, lightness, and power. Float effortlessly by integrating physical + energetic alignment, dynamic movement, creative core work and intelligent vinyasa sequencing. Learn a pathway of creative flows within a powerful Vinyasa class so that you can seamlessly integrate handstands, arm-balances, inversions, and backbends to energize your practice and life!
DANCE
Instructional Classes

Belly Dance Basics—$55
FRI—1:45pm-3:00pm
starts 2/16 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 2/16 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

Figure Skating—$55
THURS—8:30am—9:30am
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.

Golf Made Simple, Session 1—$55
FRI—5:00pm-6:00pm
starts 2/16 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.

REGISTRATION REQUIRED.
campusrec.princeton.edu
RACQUET SPORTS
Instructional Classes

Squash Fundamentals—$70  M/W—9:00am—9:50am  starts 2/12  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.

Intermediate Squash—$55  F—9:00am—9:50am  starts 2/16  8 weeks
This class is designed for the intermediate player who wants to improve their strokes, techniques and strategies. Protective eyewear is provided; other equipment is available at an additional cost.

Beginner/Adv. Beginner Tennis—$70  M/W—10:00am-10:50am  starts 2/12  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 2/13  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.

Intermediate/Advanced Tennis—$70  M/W—9:00am—9:50am  starts 2/12  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.

REGISTRATION REQUIRED.
campusrec.princeton.edu
Kung Fu—$55  
TUE—7:30pm-9:00pm  
starts 2/13  
8 weeks

Sifu Vaganek instructs this Chinese martial arts class offering limitless possibilities in the world of optimum health. The style is Sil Lum which translates to “Young Forest”. This course will encompass all aspects of external Kung Fu: hand technique, kicking, Chin Na, Shuai Jiao, Kata and Kumite. There are additional charges for uniforms and testing.

Tai Chi—$55  
W—7:30pm—8:45pm  
starts 2/14  
8 weeks

Sifu Wonchull Park and Mackenzie Hawkins teach this Tai Chi class as a way to achieve deeper comfort and higher performance in all activities, through traditional and scientific understandings. Tai Chi is a Chinese martial art and health exercise based on Taoist philosophy that emphasizes deep relaxation of mind and body. The form practice helps one to achieve this by developing greater awareness of 'here and now'. Through self-defense applications, students can experience how deep relaxation leads to optimal action, and can apply this idea to other physical disciplines and to enhance everyday life. Because it does not rely on brute force, Tai Chi is a rare example of an art of self-defense that can be used effectively against physically much stronger opponents.

REGISTRATION REQUIRED.
campusrec.princeton.edu
NEW! THE MELT METHOD® W/ALIDA—$55  TUE— 5:45pm-6:45pm  starts 2/13  8 weeks

Using easy and gentle specialized techniques, a soft body roller, and small soft balls, MELT helps you identify stuck stress in your body and teaches you how to get rid of it. Learn how to increase your balance, stability, agility and joint mobility. Increase your athletic performance as well as create a general ease of everyday movement. All levels welcome for this total body workout.

REGISTRATION REQUIRED.
campusrec.princeton.edu
SPECIAL PROGRAMS IN THE STEPHENS FITNESS CENTER

FITNESS CENTER ORIENTATIONS

During the spring semester, 15-minute orientations to the Stephens Fitness Center will be held every Monday at 8am, 12pm and 5pm. The orientations will begin at the reception desk in the Stephens Fitness Center. The dates are Jan 8, 22 and 29; Feb 5, 12, 19 and 26; Mar 5, 12, 19 and 26; and Apr 2, 9, 16, 23 and 30. (Note: These “orientations” are essentially tours to familiarize people with the facility and programs; they’re not instructional.)

WELLNESS SCREENINGS

- Blood Pressure II: Mon Feb 26 to Fri Mar 2; 8am-8pm
- Body Composition II: Mon Apr 2 to Fri Apr 6; 8am-8pm

The wellness screenings don’t require an appointment and there’s no charge.

FITNESS EVENTS

- Get-A-Grip!: Thu Mar 8; 8am-8pm
- Bench Press II: Thu Apr 13; 8am-8pm
- Indoor Triathlon: Thu Apr 26; 8am-8pm

INCENTIVE PROGRAM

- 1,000-Point Challenge III: Mon Feb 12 to Sun Mar 18
- 1,000-Point Challenge IV: Mon Apr 2 to Sun May 6

FIT-N-FUN EVENTS

- Valentine Calorie Count: Mon Feb 12 and Tue Feb 13; 8am-8pm

CAMPUS OUTREACH

WELLNESS ON WHEELS! (WOW!)

Can’t get to Dillon Gym for a wellness screening? Then have the screening come to you! Choose from any or all of the following screenings:

- Blood Pressure
- Body Composition
- Flexibility
- Muscular Strength

To schedule WOW! or learn more about it, contact Matt Brzycki at 258-3520 or brzycki@princeton.edu.
WORKSHOPS AT WORK

Schedule a free workshop to be held in the comfort of your work-site! Choose from any of the following topics (or ask us to custom-make one to suit your specific needs):

- Improving Muscular Strength
- Improving Aerobic Fitness
- Improving Flexibility
- GETT FITT!
- Strength and Fitness Mythology
- Controlling Blood Pressure
- Weight Management

Stephens Fitness Center: What We Offer

To schedule a Workshop at Work or learn more about them, contact Matt Brzycki at 258-3520 or brzycki@princeton.edu.

WELLNESS PROGRAMS

Body-Composition Analysis

This quick but accurate assessment with skin-fold calipers lets you know your body composition (percentage of body fat and lean-muscle mass). Cost: $5

FitSmart Fitness Appraisal

Make an individual appointment for this fitness screening that includes seven components of fitness and wellness: resting blood pressure, resting heart rate, body composition, muscular strength, flexibility, risk factor questionnaire and cardiovascular endurance. The appraisal and consultation take approximately 30 minutes. Cost: $15

Weight Management

This 10-week program includes an initial consultation, 5 follow-up meetings, an exercise program and body-composition analysis at the beginning and the end of the 10 weeks. Cost: $60

Personal Fitness Consultation

This is a personalized program designed by a member of the fitness staff. It consists of instruction in aerobic training as well as strength training. Cost: $45

Personal Training

Get individual attention from a personal trainer during one-on-one workouts. Cost:

- 1-hour session $50
- 1.5-hour session $75
- 5-hour package $245
- 10-hour package $480
- 20-hour package $920
- 30-hour package $1,320

Try the Trainer—NEW!

Thinking about hiring a personal trainer but not sure? Then “Try the Trainer”! Cost: $99 for 3 – a savings of $51.
INFORMAL RECREATION

Need a locker, basketball, swim goggles, or other equipment? Please see us in the main lobby in Dillon Gym.

- Ping Pong and pool in Dillon Lobby or Squash Ct. #16 (equipment at Dillon Front Desk, Dillon Gym membership or Guest Pass required)
- Golf Swing Practice in Squash Ct. #15 (equipment at Dillon Front Desk, Dillon Gym membership or Guest Pass required)
- Faculty/Staff Noon Hoops M/W/F, 11:30am-1:30pm; Drop-in program at Dillon Gym (all year, Dillon Gym membership or Guest Pass required)
- Tennis at the Jadwin Indoor Tennis Courts (for information call 258-5057)
- Golf at Springdale Golf Club (Fees apply, call 924-3198)