FREE TRIAL WEEK!
Monday, September 17, 2018 to Sunday, September 23, 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, September 24, 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, September 4, 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, September 30, 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

Flex Pass or One Time Class Pass required. No refunds or transfers for Flex Pass.
Group fitness schedules will be modified during breaks. Classes are subject to change and/or cancellation.
Join the Group Fitness Listserv for updates to the schedule.

**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!

**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.

**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.

**SOULBODY BARRE®** - 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.

**TOTAL BODY CIRCUITS** – Circuit combinations of strength and cardio drills incorporating body bars, dumbbells, resistance bands, mats and body weight exercises to provide a total body workout.

**TRX® FOR BEGINNERS** - This class is designed to assist those that have never taken TRX or those that have questions related to TRX. Learn how to use the equipment and basic exercises.

**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. Please make sure to take Beginner TRX if you are a new participant.

**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!

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**Flex Pass REQUIRED**

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

Flex Pass or One Time Class Pass required. No refunds or transfers for Flex Pass. Group fitness schedules will be modified during breaks. Classes are subject to change and/or cancellation. Join the Group Fitness Listserv for updates to the schedule.

**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/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/DOREEN**- 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/EMILY**- Work up a sweat and pedal away the stress of the week with this 45-minute workout, inspired by the Princeton Cycling teams training and set to motivating hard-rock and pop-tunes. We’ll focus on technique, toning, and cardiovascular endurance with a combination of hill, sprint, and interval training. All levels welcome.

**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.

**CYCLE W/KIRBY**- A 45-min class full of sprints, jumps, and hills that pushes you to your athletic best. Classes incorporate optional moves to target your core, arms and abs to get a full-body workout. We ride to the beat of the music, which will transform your sweaty efforts into a cardio party. Expect to leave empowered, proud and ready for your next challenge. Riders of all levels welcome.

**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/MEGAN**- 45-minutes of high intensity interval training with hills and sprints to push your limits. Appropriate for all levels of experience with indoor cycling. Wake up and get that heart pumping!

**CYCLE W/Olivia**- Whether you are a cycling enthusiast, or you have never been on a bike, this is a fun, upbeat workout for everybody! This class is cardio a party where we will ride to the beat of the music and have fun. There will be killer playlists that will guide you through a 45-minute ride that will feel like a dance party.

**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. Each class also has one 'interval' section. Get ready to sweat it out and get lost in the beat!

**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.
YOGA

FREE FOR PRINCETON UNIVERSITY STUDENTS. PUID required for entry.
Flex Pass or One Time Class Pass required for members. No refunds or transfers for Flex Pass.
Schedules will be modified during breaks.
Join the Group Fitness Listserv for updates to the schedule.
Classes are subject to change and/or cancellation.

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/ANGELA- This Vinyasa class explores a dynamic form of Hatha Yoga, wherein all the asanas (postures are linked together in union with the breath. Through this union of breath and movement, development of acute body awareness leads to greater strength, increased flexibility, and an overall sense of peace and well-being. All levels of practitioners are welcome to attend, as care and instruction will be offered to meet the comprehensive needs of all yoga students. From the foundational asanas to the pinnacle postures, students will be guided mindfully and intelligently into a wide array of poses including various balancing, inverting, and heart opening postures.

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.

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/TRICIA- A mindful and breath focused vinyasa flow. Integrating muscle, movement patterns and mindfulness.

YOGA W/UNO- Hatha Yoga: A slow-paced and gentle class with focus on simplicity, repetition, and ease of movement. Relaxation and balance are the goals as we explore standing poses, twists, backbends, forward folds, and hip openers.

Flex Pass REQUIRED

For a current schedule or to purchase a Flex Pass go to:
campusrec.princeton.edu
SPECIAL INTEREST

Instructional Classes

Figure Skating—$55  TUE—8:45am—9:45am  starts 9/25  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 Level I—Session 1—$55  FRI—5:00pm—6:00pm  starts 9/28  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.

Golf Made Simple Level I—Session 2—$55  FRI—5:00pm—6:00pm  starts 11/9  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.

Golf Made Simple Level II—$55  FRI—6:00pm—7:00pm  starts 11/9  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
Squash Fundamentals—$70  
M/W—9:00am—9:50am  starts 9/24  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 9/24  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.

Beginner/Adv. Beginner Tennis—$70  
T/TH-9:00am-9:50am  starts 9/25  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  
M/W—9:00am—9:50am  starts 9/24  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.
Tai Chi—$55     W—7:30pm—8:45pm     starts 9/26     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.
THE MELT METHOD® W/ALIDA—$55  TUE— 6:15pm-7:15pm  starts 9/25  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.

Yoga 101—$55 (free for PU Students)  MON— 5:00pm-6:00pm  starts 9/25  8 weeks

In this eight week yoga course, students will learn the basics of yoga, including asanas (postures), breathing techniques (pranayama) and mindfulness meditation. Each class will build upon the prior week’s practice, so the course will be progressive in nature. Every student will leave with the knowledge and confidence to attend other yoga class offerings both on campus and beyond.

*Princeton University students must pre-register
SPECIAL PROGRAMS IN THE STEPHENS FITNESS CENTER

FITNESS CENTER ORIENTATIONS

During the fall 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 Sep 10, 17 and 24; Oct 1, 8, 15, 22 and 29; Nov 5, 12, 19 and 26; and Dec 3, 10 and 17. (Note: These “orientations” are essentially tours to familiarize people with the facility and programs; they’re not instructional.)

WELLNESS SCREENINGS

Blood Pressure I  Mon Oct 1 to Fri Oct 5; 8am to 8pm
Body Composition I  Mon Nov 12 to Fri Nov 16; 8am to 8pm

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

FITNESS EVENTS

Bench Press I: Thu Sep 20; 8am to 8pm
Indoor Rowing Regatta: Thu Oct 18; 8am to 8pm
Scale the Washington Monument: Thu Nov 15; 8am to 8pm

INCENTIVE PROGRAM

1,000-Point Challenge I: Mon Sep 24 to Sun Oct 28
1,000-Point Challenge II: Mon Nov 12 to Sun Dec 16

FIT-N-FUN EVENTS

Halloween Pretzel Prediction: Mon Oct 22 and Tue Oct 23; 8am to 8pm
Thanksgiving Pumpkin Puzzler: Mon Nov 19 and Tue Nov 20; 8am to 8pm
Battle of the [Holiday] Bulge: Mon Nov 19 to Fri Jan 11

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 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
- Get FIT!
- Strength and Fitness Mythology
- Controlling Blood Pressure

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
INFORMAL RECREATION

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

- Ping Pong 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)