# 9/24 to 12/13
## GROUP FITNESS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-7:45am CYCLE Megan (GFR)</td>
<td>7:30-8:20am WAKE UP! Coe (GFR)</td>
<td>6:45-7:30am CYCLE Caroline (GFR)</td>
<td>7:30-8:20am WAKE UP! Coe (GFR)</td>
<td>7:30-8:20am TOTAL BODY CIRCUITS Olivia (GFR)</td>
<td>9-10am BODYCOMBAT® Andria (MPR)</td>
<td>9-9:45am CYCLE Laurie (GFR)</td>
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<tr>
<td>7:45-8:30am PILATES Stacy (Dance St)</td>
<td>8:45-9:30am CYCLE Sam (GFR)</td>
<td>8-8:45am BODYPUMP 45® Kara (GFR)</td>
<td>7:45-8:30am YOGA Tricia (Dance St)</td>
<td>12-1pm PILATES Stacy (GFR)</td>
<td>9:30-10:15am CYCLE Olivia (GFR)</td>
<td>4:30-5:15pm CYCLE Viv (GFR)</td>
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<tr>
<td>12-1pm VINYASA YOGA Ruth (GFR)</td>
<td>12:15-1:15pm SOULBODY BARRE® Sandi (Dance St)</td>
<td>12-12:15pm BEGINNER TRX® Ruth (GFR)</td>
<td>12-12:30pm CYCLE Doreen (GFR)</td>
<td>12:45-1:30pm ZUMBA® Tali (MPR)</td>
<td>10:30-11:30am BODYPUMP® Evgenia (GFR)</td>
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<tr>
<td>5-6pm BODYPUMP® Erin (GFR)</td>
<td>5-5:45pm CYCLE Currie (GFR)</td>
<td>12:15-1pm TRX® Ruth (GFR)</td>
<td>12:30-1pm SCULPT Doreen (GFR)</td>
<td>5:15-6:15pm YOGA Alisa (MPR)</td>
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<tr>
<td>5:15-6:05pm ZUMBA® Andria (MPR)</td>
<td>5:15-6:15pm CYCLE Angela (MPR)</td>
<td>5-5:45pm CYCLE Jessica (GFR)</td>
<td>5-6pm BODYPUMP® Nancy (GFR)</td>
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<tr>
<td>6:15-7:15pm YOGA Angela (MPR)</td>
<td>5:30-6pm CXWORX® Nicole (Dance St)</td>
<td>5:15-6:05 ZUMBA® Terri (MPR)</td>
<td>5:15-6:15pm SOUL BODY BARRE® Emma (Dance St)</td>
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<tr>
<td>6:30-7:15pm CYCLE Caroline K (GFR)</td>
<td>6-7pm BODYPUMP® Cristina (GFR)</td>
<td>5:30-6:30pm MINDFUL MOVEMENT &amp; MEDITATION Mackenzie(Dance St)</td>
<td>6:15-7:15pm YOGA Jennifer (MPR)</td>
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<tr>
<td>7:30-8:30pm BODYCOMBAT® Allison (GFR)</td>
<td>7:30-8:15pm BEGINNER CLASSES Team (GFR) (select dates only)</td>
<td>6-7pm BODYPUMP® Marina (GFR)</td>
<td>6:30-7:15pm CYCLE Emily (GFR)</td>
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<tr>
<td>7:45-8:45pm YOGA Uno (MPR)</td>
<td>7:45-8:45pm CXWORX® Marina (GFR)</td>
<td>7:15-7:45pm</td>
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Group fitness and cycle classes require a FLEX PASS or one time class pass. Yoga is free for PU students and FLEX PASS is required for members.

Schedule will be modified during breaks. Instructor & classes are subject to change or cancellation.

PUID required for entry.
Questions: knitti@princeton.edu
**CYCLE 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.**

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**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/CAROLINE 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.
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!

**BODYPUMP 45®** - Les Mills new 45 minute format brings you the same total body benefits from the original 60 minute class. Come check out your favorite class with new shorter programming.

**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!
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.

MINDFUL MOVEMENT & MEDITATION – Hone the skill of noticing your current experience as you move, breath, and be. It can take you all the way to achieving more “flow” in your athletic, artistic, and academic performances. Break the cycle of stress that interferes with doing and feeling your best.
· Is the Flex Pass really valid for unlimited classes?
  Yes! ONE PASS. ONE PRICE. UNLIMITED CLASSES.
· What classes are included in the price?
  Members and Students-All classes on the Group Fitness schedule are included.
· How do I purchase my Flex Pass?
  Purchase on-line or Dillon Gym lobby. Go to: campusrec.princeton.edu
· How do I pick up my Flex Pass?
  Go to the Dillon front desk with your PUID. The front desk will place your Group Fitness Flex Pass sticker on your PUID.
· How do I purchase a one-time class pass?
  One-time passes can be purchased at the Dillon front desk the same day as the class you wish you attend.
· How do I get into class?
  Bring your PUID to every class for entry or bring your receipt from your one time class pass.
· What if I lose my PUID?
  Once you get your new ID, please go to the Campus Rec business office M-F, 9am-4:45pm at 103 Dillon Gym. You will be assigned a new sticker.
· What if my sticker is ripped or faded?
  Bring your PUID to the Campus Rec business office M-F, 9am-4:45pm at 103 Dillon Gym.
· Will there still be a punch card option?
  No, but you can purchase a one-time class pass or half pass if a flex pass does not work for you.
· Can I share my Flex Pass or return a Flex Pass?
  No, flex passes are non refundable and non transferrable.
· How do I get the most updated information about Group Fitness Classes and wellness opportunities?
  Join the group fitness listserv on the Campus Rec website.
Questions? Kara at knitti@princeton.edu

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<thead>
<tr>
<th>SUMMER</th>
<th>FALL</th>
<th>SPRING</th>
<th>ANNUAL PASS</th>
<th>ONE TIME CLASS PASS</th>
</tr>
</thead>
<tbody>
<tr>
<td>FULL PASS</td>
<td>7/1/18-9/16/18</td>
<td>FULL PASS</td>
<td>11/26/18-2/3/19</td>
<td>7/1/18-9/16/18</td>
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<td>HALF PASS</td>
<td>8/6/18-9/16/18</td>
<td>HALF PASS</td>
<td>8/2/3/19-6/30/19</td>
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<tr>
<td>FULL PASS</td>
<td>9/24/18-2/3/19</td>
<td>FULL PASS</td>
<td>2/11/19-6/30/19</td>
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<tr>
<td>HALF PASS</td>
<td>11/26/18-8/2/3/19</td>
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<td>4/22/19-6/30/19</td>
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<td>FULL PASS</td>
<td>2/11/19-6/30/19</td>
<td>FULL PASS</td>
<td>4/22/19-6/30/19</td>
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<td>HALF PASS</td>
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<td>4/22/19-6/30/19</td>
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<td>Guest (non-member)</td>
<td>$20</td>
<td>One time class pass.</td>
<td>Flex Pass is not available to non-members.</td>
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One time class pass available at Dillon Front Desk only. Same day purchase. Guest rules apply for non-members.

campusrec.princeton.edu