## GROUP FITNESS CLASSES

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>CLASS</th>
<th>INSTR</th>
<th>RM</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON 3/18</td>
<td>6:45-7:30am</td>
<td>CYCLE</td>
<td>Laurie</td>
<td>GFR</td>
<td>2/3</td>
</tr>
<tr>
<td></td>
<td>7:45-8:30am</td>
<td>PILATES</td>
<td>Stacy</td>
<td>DS</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>12-1pm</td>
<td>VINYASA YOGA</td>
<td>Ruth</td>
<td>GFR</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>5-6pm</td>
<td>BODYPUMP®</td>
<td>Nancy</td>
<td>GFR</td>
<td>2/3</td>
</tr>
<tr>
<td></td>
<td>5:15-6:05pm</td>
<td>ZUMBA®</td>
<td>Andria</td>
<td>MPR</td>
<td>2</td>
</tr>
<tr>
<td>TUE 3/19</td>
<td>7:30-8:20am</td>
<td>WAKE-UP</td>
<td>Coe</td>
<td>DS</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>12:15-1:15pm</td>
<td>SOULBODY BARRE®</td>
<td>Ruth</td>
<td>DS</td>
<td>2</td>
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<tr>
<td></td>
<td>6-7pm</td>
<td>BODYPUMP®</td>
<td>Nancy</td>
<td>GFR</td>
<td>2/3</td>
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<tr>
<td>WED 3/20</td>
<td>7-7:45am</td>
<td>CYCLE</td>
<td>Megan</td>
<td>GFR</td>
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<tr>
<td></td>
<td>12-12:15pm</td>
<td>BEGINNER TRX</td>
<td>Ruth</td>
<td>GFR</td>
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</tr>
<tr>
<td></td>
<td>12:15-1pm</td>
<td>TRX®</td>
<td>Ruth</td>
<td>GFR</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>5:15-6:05pm</td>
<td>ZUMBA®</td>
<td>Terri</td>
<td>MPR</td>
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<tr>
<td></td>
<td>6:45-7:45pm</td>
<td>BODYPUMP®</td>
<td>Marina</td>
<td>GFR</td>
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<tr>
<td>THU 3/21</td>
<td>7:30-8:20am</td>
<td>WAKE-UP</td>
<td>Coe</td>
<td>DS</td>
<td>1/2</td>
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<tr>
<td></td>
<td>12-12:30pm</td>
<td>CYCLE</td>
<td>Doreen</td>
<td>GFR</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>12:30-1pm</td>
<td>SCULPT</td>
<td>Doreen</td>
<td>GFR</td>
<td>1/2</td>
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<tr>
<td></td>
<td>6:15-7:15pm</td>
<td>YOGA</td>
<td>Jennifer</td>
<td>MPR</td>
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</tr>
<tr>
<td>FRI 3/22</td>
<td>12-1pm</td>
<td>PILATES</td>
<td>Stacy</td>
<td>GFR</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>5:15-6:15pm</td>
<td>HATHA YOGA</td>
<td>Alisa</td>
<td>MPR</td>
<td>1/2</td>
</tr>
</tbody>
</table>

**NO CLASSES SAT 3/16**

**NO CLASSES SUN 3/17**

**NO CLASSES SAT 3/23**

**NO CLASSES SUN 3/24**

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**GROUP FITNESS SCHEDULE**

**SPRING BREAK**

**MAR 15 to MAR 24**

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**YOGA**

FREE FOR PRINCETON UNIVERSITY STUDENTS.

- Flex Pass or One Time Class Pass required for Dillon Gym members.
- PUID required for entry.
- Group Fitness schedules will be modified during breaks.
- No classes on 4/21.
- Classes are subject to change and/or cancellation.
- No refunds or transfers for Flex Pass.
- Join the Group Fitness Listserv for updates to the schedule.
- One Time Class Pass can be purchased at front desk only.
- Please work at your own pace and bring water.

*Questions-knitti@princeton.edu*

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**GROUP & INSTRUCTIONAL PROGRAMS**

**CAMPUSREC**
## CYCLE

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DESCRIPTION</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>CYCLE W/CAROLINE</td>
<td>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.</td>
<td>2/3</td>
</tr>
<tr>
<td>CYCLE W/CURRIE</td>
<td>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.</td>
<td>2/3</td>
</tr>
<tr>
<td>CYCLE W/DOOREN</td>
<td>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.</td>
<td>2</td>
</tr>
<tr>
<td>CYCLE W/EMILY</td>
<td>Work up a sweat and pedal away the stress of the week with this 45-minute workout, inspired by the Princeton Cycling team's 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.</td>
<td>2/3</td>
</tr>
<tr>
<td>CYCLE W/JESSICA</td>
<td>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.</td>
<td>2/3</td>
</tr>
<tr>
<td>CYCLE W/LAURIE</td>
<td>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!</td>
<td>2/3</td>
</tr>
<tr>
<td>CYCLE W/MEGAN</td>
<td>45-minute of high intensity interval training with hills and sprints to push your limits. Appropriate for all levels of experience with indoor cycling. I will be there to guide your journey, but your effort and your intensity are entirely up to you. Wake up and get that heart pumping!</td>
<td>2/3</td>
</tr>
<tr>
<td>CYCLE W/OLIVIA</td>
<td>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.</td>
<td>2/3</td>
</tr>
<tr>
<td>CYCLE W/SAM</td>
<td>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!&quot;</td>
<td>2/3</td>
</tr>
<tr>
<td>CYCLE W/VIV</td>
<td>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.</td>
<td>2/3</td>
</tr>
</tbody>
</table>

### Level of Intensity

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Low</td>
</tr>
<tr>
<td>2</td>
<td>Medium</td>
</tr>
<tr>
<td>3</td>
<td>High</td>
</tr>
</tbody>
</table>
# GROUP FITNESS CLASSES

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DESCRIPTION</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>BODYCOMBAT®</td>
<td>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!</td>
<td>2/3</td>
</tr>
<tr>
<td>BODYPUMP®</td>
<td>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!</td>
<td>2/3</td>
</tr>
<tr>
<td>BODYPUMP® 45</td>
<td>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.</td>
<td>2/3</td>
</tr>
<tr>
<td>CXWORX®</td>
<td>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.</td>
<td>2/3</td>
</tr>
<tr>
<td>DANCEFIT</td>
<td>A cardio dance party with kickboxing moves to build strength and balance while having fun. Combining Latin styles like salsa and merengue with punches and kicks, you’ll be sweating in no time.</td>
<td>2</td>
</tr>
<tr>
<td>PILATES</td>
<td>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.</td>
<td>1/2</td>
</tr>
<tr>
<td>SCULPT</td>
<td>30-minute total body workout using dumbbells and compound exercises to build strength, coordination and core stability.</td>
<td>1/2</td>
</tr>
<tr>
<td>SOULBODY BARRE®</td>
<td>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.</td>
<td>2</td>
</tr>
<tr>
<td>TOTAL BODY CIRCUIT</td>
<td>Circuit combinations of strength and cardio drills incorporating body bars, dumbbells, resistance bands, mats and body weight exercises to provide a total body workout.</td>
<td>2/3</td>
</tr>
<tr>
<td>TRX® BEGINNERS</td>
<td>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.</td>
<td>1</td>
</tr>
<tr>
<td>TRX®</td>
<td>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.</td>
<td>2</td>
</tr>
<tr>
<td>WAKE-UP!</td>
<td>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!</td>
<td>1/2</td>
</tr>
<tr>
<td>ZUMBA®</td>
<td>This cardio workout fuses hypnotic musical rhythms and dance moves from around the world. Moves are repetitive but can be modified for various levels of intensity, making it a great workout for beginners and regular class attendees. Join the fun and get fit!</td>
<td>2</td>
</tr>
</tbody>
</table>

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## YOGA CLASS DESCRIPTION

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DESCRIPTION</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOGA W/ALISA</td>
<td>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.</td>
<td>1</td>
</tr>
<tr>
<td>YOGA W/ANGELA</td>
<td>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.</td>
<td>1/2</td>
</tr>
<tr>
<td>YOGA W/JENNIFER</td>
<td>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.</td>
<td>1</td>
</tr>
<tr>
<td>YOGA W/MARIA</td>
<td>Rethink yoga and gain even more benefits in this modern and creative practice by moving your body in a holistic, functional and natural way. Using biomechanics, mobility techniques and the latest anatomical knowledge, learn how you can practice in a safer and more functional way by taking your body into it’s full range of motion and learning how the body moves as you transition through the poses.</td>
<td>2</td>
</tr>
<tr>
<td>YOGA W/RYAH</td>
<td>Hatha Flow will strengthen and stretch the body while calming the mind. Holding each pose for several mindful breaths between the ‘glow’ that is interwoven throughout the class. All levels-spirited, unique and mindful.</td>
<td>2</td>
</tr>
<tr>
<td>YOGA W/RUTH</td>
<td>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.</td>
<td>2</td>
</tr>
<tr>
<td>YOGA W/TABITHA</td>
<td>This Vinyasa class focuses on making flows accessible to everyone by emphasizing how each asana(posture) is a spectrum. Everyone from first-timers to those with a strong practice should feel at home. Some classes’ flows will be themed to different genres of music (R&amp;B, classical, jazz, etc).</td>
<td>1</td>
</tr>
<tr>
<td>YOGA W/TRICIA</td>
<td>A mindful and breath focused Vinyasa flow. Integrating muscle, movement patterns and mindfulness.</td>
<td>1</td>
</tr>
</tbody>
</table>

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