# Group Fitness

**January 8 to February 4**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15-6:15pm</td>
<td>Meditation</td>
<td>7:50-8:35am</td>
<td>Pilates</td>
<td>7:30-8:20am</td>
<td>Wake Up!</td>
<td>Pilates</td>
</tr>
<tr>
<td></td>
<td>Mackenzie (Dance)</td>
<td>7:30-8:20am</td>
<td>Stacy (GFR) (no class 1/15)</td>
<td>7-7:45am</td>
<td>Cycle</td>
<td>Caroline (GFR)</td>
</tr>
<tr>
<td>12-1pm</td>
<td>Vinyasa Yoga</td>
<td>9-9:30am</td>
<td>Salute</td>
<td>7:50-8:35am</td>
<td>Cardio</td>
<td>Strength</td>
</tr>
<tr>
<td>12:15-12:45pm</td>
<td>Total Body Toning</td>
<td>12:15-1:05pm</td>
<td>Soul Body Barre®</td>
<td>12-12:50pm</td>
<td>TRX®</td>
<td>Ruth (GFR)</td>
</tr>
<tr>
<td>5-6pm</td>
<td>Body Pump®</td>
<td>6:15-7:15pm</td>
<td>Body Combat®</td>
<td>5-5:50pm</td>
<td>Zumba®</td>
<td>Terri (GFR)</td>
</tr>
<tr>
<td>5:15-6:05pm</td>
<td>Zumba®</td>
<td>7:30-8:15pm</td>
<td>Cycle</td>
<td>6-6:45pm</td>
<td>Cycle</td>
<td>Caitlin (GFR)</td>
</tr>
<tr>
<td>6:15-7:15pm</td>
<td>Gentle Flow Yoga</td>
<td>7-8pm</td>
<td>Body Pump®</td>
<td>Anne (GFR)</td>
<td>6:30-7:30pm</td>
<td>Gentle Yoga</td>
</tr>
<tr>
<td>6:30-7pm</td>
<td>CXWORX®</td>
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# Locations

- **Columbia Gym (GFR)**
- **McPherson Gym (MPR)**
- **Dance Studio (Dance St)**

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**Campusrec.princeton.edu**

**Flex Pass**

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Yoga classes are FREE for PU students. PUID required for all classes.  
Instructor & classes are subject to change or cancellation.  
Schedule will be modified during breaks.  
Questions: knitti@princeton.edu
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 full 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.

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 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!

CYCLE

All cycle classes require a FLEX PASS.

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/DOREEN - 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/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!

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.
**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.

**Why is there a difference in pricing between member and student flex passes?**  
One reason for the difference in price structure is that yoga classes have been funded for students through the yoga fund, therefore are being offered at no charge and are not included in the student Flex Pass pricing.

**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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**FALL PRICING**

<table>
<thead>
<tr>
<th></th>
<th>FULL PASS</th>
<th>HALF PASS</th>
<th>ONE TIME CLASS PASS</th>
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<tbody>
<tr>
<td><strong>Students</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>$40</td>
<td>$20</td>
<td>$10</td>
</tr>
<tr>
<td><strong>Members</strong></td>
<td>$80</td>
<td>$40</td>
<td>$10</td>
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Guest (non-member) One time class pass.  
Flex pass is not available to guests.  

One time class pass available at Dillon Front Desk only. Same day purchase. Guest rules apply for non-members.