

GROUP FITNESS SCHEDULE

JULY 1 - JULY 31

DAY	TIME	CLASS	INSTR	RM	LEVEL
MON	7-7:45am	CYCLE <i>(NO class 7/1)</i>	Zoe	GFR	2/3
	7:45-8:30am	PILATES	Stacy	DS	1/2
	12-1pm	YOGA 	Ruth	GFR	2
	5-5:45pm	305 FITNESS® <i>(7/8 will change to Core-Lates)</i>	Ashlee	DS	2
	6-7pm	BODYPUMP® <i>(7/29 will change to Total Body)</i>	Nancy	GFR	2/3
TUE	7:30-8:20am	WAKE-UP	Coe	DS	1/2
	12:15-1:15pm	SOULBODY BARRE®	Ruth	GFR	2
	5-5:45pm	CYCLE <i>(7/9 will change to Core-Lates)</i>	Carly	GFR	2/3
	5:15-6:15pm	YOGA 	Emily	DS	2
	6:45-7:15pm	CXWORX®	Nicole	DS	2/3
WED	6:45-7:30am	CYCLE	Megan	GFR	2/3
	7:45-8:30am	BODYPUMP 45®	Nancy	GFR	2/3
	12-12:15pm	TRX® BEGINNER	Ruth	GFR	1
	12:15-1pm	TRX®	Ruth	GFR	2
	5-5:50pm	ZUMBA®	Terri	DS	2
	6-6:50pm	BARRE FIT	Olivia	DS	2
THU	7:30-8:20am	WAKE-UP	Coe	DS	1/2
	7:45-8:30am	YOGA 	Tricia	MPR	1
	12-12:30pm	CYCLE	Doreen	GFR	2
	12:35-1:15pm	PILATES	Doreen	GFR	2
	5-6pm	CYCLE	Lauren	GFR	2/3
FRI	7:45-8:30am	CORE-LATES	Stacy	DS	2
	12-12:45pm	BODYPUMP 45®	Marina	GFR	2/3
NO CLASSES ON SATURDAY or SUNDAY					

GROUP FITNESS CLASSES

Flex Pass or One Time Class Pass required.



YOGA

FREE FOR PRINCETON UNIVERSITY STUDENTS.

Flex Pass or One Time Class Pass required for Dillon Gym members.



PUID required for entry.

The summer schedule will be similar June-Sept 15. An updated schedule will be posted each month.

No summer classes on:

June 1, 2, 3, 4.

July 4, 5.

Aug 19, 20, 21, 22, 23.

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

Room location.

RM	GFR	Group Fitness
	MPR	Multipurpose
	DS	Dance Studio

Level of exercise intensity.

LEVEL	1	Low
	2	Medium
	3	High



GROUP FITNESS CLASSES

CLASS	DESCRIPTION	LEVEL
305 FITNESS®	Nonstop cardio party featuring fun, easy-to-follow dance cardio moves and toning for your core and glutes. No dance experience required. Music mixes curated from NYC DJ's, this class is perfect for music lovers. Get ready to sweat, shake and smile! All you need is a pair of sneakers and an open mind.	2
BARRE FIT	Barre fit is a series of low-impact, high-intensity movements choreographed to the beat of the music. For this 50-minute class, you'll use resistance bands, light weights, and the barre to target, shape and define all major muscle groups for a fast and effective total-body workout	2
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!	2/3
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.	2/3
CORE-LATES	Total body fitness combining pilates and movement to help build strength, increase flexibility and develop core stability.	
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.	2/3
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.	1/2
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.	2
TRX® 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.	1
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.	2
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!	1/2
ZUMBA®	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!	2



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Level of intensity	1	Low
	2	Medium
	3	high



CYCLE

CLASS	DESCRIPTION	LEVEL
CYCLE W/CARLY	A 45-minute cycle class consisting of a varied workout that includes hills, jumps, endurance and speed work, all attuned to the beat of the music. Rides will focus on both cardio and strength training to give you an effective, efficient workout in a supportive group setting. Riders of all levels welcome.	2/3
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.	2
CYCLE W/LAUREN	We will ride on flat roads, up hills, and through rolling hills to motivating music for a challenging interval workout. I encourage students to ride to their fullest potential, but also listen to and honor their bodies. Cycle is perfect for everyone because each student can control the resistance and pedal speed, creating just the right intensity for you. Beginners are welcome at my classes. Please arrive early to have your bike fitted, so you feel comfortable.	2/3
CYCLE W/MEGAN	45-minute 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!	2/3
CYCLE W/ZOE	Start your Monday with an intense 45 minute endurance ride that will build both physical and mental stamina.	2/3



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YOGA

CLASS	DESCRIPTION	LEVEL
YOGA W/EMILY	This all-levels vinyasa class incorporates intentional movement and breath awareness to steady the mind. Foundational asanas build strength and flexibility in the body, while mindfulness cultivates love and gratitude within. A balanced practice to promote overall health and well-being. Optional 15-minute guided meditation will be offered following the hour physical practice.	1/2
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.	2
YOGA W/TRICIA	A mindful and breath focused Vinyasa flow. Integrating muscle, movement patterns and mindfulness.	1

YOGA IS FREE FOR PRINCETON UNIVERSITY STUDENTS.

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