

June 7 to Sept 17

GROUP FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO CLASSES	7-7:45am CYCLE Megan (GFR)	7:30-8:20am WAKE UP! Coe (GFR)	7-7:45am CYCLE Caroline (GFR)	7:30-8:20am WAKE UP! Coe (GFR)		NO CLASSES
	12-1pm <i>FREE FOR PU STUDENTS!</i> YOGA Ruth (GFR)	12-12:45pm BODYPUMP EXPRESS® Natalia (GFR)	12-12:50pm TRX® Ruth (GFR)	12-12:30pm CYCLE Doreen (GFR)	12-1pm PILATES Karen (GFR)	
				12:30-1pm BODYSULPT Doreen (GFR)		
	5-6pm BODYPUMP® Anne (GFR)	5:15-6:15pm <i>FREE FOR PU STUDENTS!</i> VINYASA YOGA Alisa (MPR)	5-5:30pm CXWORX® Natalia (GFR)	5-5:50pm BARRE FIT Marina (GFR)		
	5:15-6:05pm ZUMBA® Andria (MPR)	5:30-6:15pm CYCLE Rose (GFR)	5:15-6:05pm ZUMBA® Terri (MPR)	6-7pm BODYPUMP® Allison (GFR)		
		6:30-7:30pm BODYCOMBAT® Natalia (GFR)				

STARTING JULY 1, 2017, no more punch cards.
ONE PASS. ONE PRICE. UNLIMITED CLASSES.



Pricing and information can be found at
Dillon Gym lobby front desk or Campus Rec website.

NO CLASSES
June 2-6, July 3, 4,
or Aug 14-18

All YOGA classes are **FREE** for Princeton University Students.
Yoga classes are open to members with valid punch card or flex pass.

*PUID required for entry into all classes.
Instructors & classes are subject to change or cancellation.
Questions: knitti@princeton.edu*

July 5-7, classes will be **FREE**
for students and members.

GROUP FITNESS CLASSES

These classes require a punch card through June 30, 2017 and will require a flex pass starting July 1, 2017.

BARRE FIT--A highly effective all-level barre workout to create a lean, strong and flexible body. Inspired by both ballet and pilates, this fat-burning interval training will build core and arm strength as well as sculpt legs and glutes. A fluid warm-up and restorative stretching are included.

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!

BODYSULPT-This total body workout will incorporate the use of the stability balls and dumbbells for strength and 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.

PILATES - Total body workout starting with the core working its way through the entire body. Developing strength, flexibility and coordination, 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

These classes require a punch card through June 30, 2017 and will require a flex pass starting July 1, 2017.

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/DOREEN:-An interval style cycle class moving through different positions on the bike and taking the heart rate into the different heart rate zones.

CYCLE W/ROSE-This 45-minute ride combines the best aspects of outdoor riding with the benefits of a motivating team dynamic and energizing music. Classes simulate the mixed terrain of an outdoor ride and include a combination of high-intensity intervals, hill-climbs, and extended endurance pieces. You will push yourself harder than you knew you could and ride your way to a fitter, faster, stronger version of yourself!

YOGA

Dillon Members Only: These classes require a punch card through June 30, 2017 and will require a flex pass starting July 1, 2017.

All Yoga Classes are FREE to Princeton University Students.

PU ID is required for entry.

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/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.