




Princeton Fitness and Wellness Center at Plainsboro Group Exercise

Schedule Effective May 17th







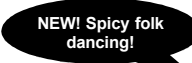



MONDAY

STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
			5:45 - 6:45 Cycle Adonis	*** Indicates a class in the lap pool
9:30 - 10:00 Will Power & Grace Mary Ann	9:30 - 10:30 Step Roger	 Karen W./ 9:30 - 10:30		9:30 - 10:15 Cardio Tone Liz ***
10:00 - 10:30 Cardio Kickbox Technique Mary Ann		10:30 - 11:30 Stretch & Sculpt Mary Ann		10:15 - 11:00 Aqua Sculpt Liz
	 Donna/ 12:00 - 1:00	There will be a special schedule on Memorial Day! Memorial Day Hours: 7am - 1pm		
3:30 - 4:30 Belly Dance Donna		3:30 - 4:45 Gentle Yoga Valerie		
 Jackie/ 5:00 - 6:00	 BEGINNER Sandi/ 5:00 - 5:45		5:30 - 6:30 Cycle Howie	5:00 - 5:45 Cardio & Core Christina ***
 Amanda/ 6:00 - 7:00	6:00 - 7:00 Boxing Pat		6:35 - 7:00 Cycle Set-Up/ Intro Howie	6:30 - 7:30 Aqua Arthritis Addie
ZUMBA Larisa/ 7:00 - 8:00	7:00 - 8:00 Chizzel It Pat	7:30 - 8:45 Allignment Yoga Joni	7:00 - 8:00 Begin to Spin Howie	

TUESDAY

	5:45 - 6:45 Cardio Interval Laurie			
9:45 - 10:15 X-Press Abs Vin	7:00 - 8:00 Boot Camp Rob	10:00 - 11:15 Hatha Yoga Del	9:30 - 10:30 Cycle Sandy	9:30 - 10:15 Cardio Cross Tori***
ZUMBA Vin/ 10:15 - 11:15	9:30 - 10:30 Boot Camp Jacque			
	12:00 - 12:45 Gentle Movement Rhonda	12:00 - 12:30 Will Power & Grace Mary Ann		
		 Mary Ann/ 12:30 - 1:00		
3:30 - 4:30 BOKWA Leslie	5:00 - 6:00 Speed & Agility Bootcamp Pat		5:00 - 6:00 Cycle Blair	5:15 - 6:00 Aqua Tone Nicole
6:00 - 7:00 Step Roger	6:00 - 7:00 Martial Arts Conditioning Pat	6:00 - 7:00 Pilates Sharon		
 Cheryl/ 7:00 - 8:00	 Scott/ 7:00 - 8:00	7:30 - 8:45 Vinyasa Yoga Ruth		

WEDNESDAY

	6:00 - 7:00 Bootcamp Rob	5:45 - 7:00 Vinyasa Flow Yoga Linda	5:30 - 6:30 Cycle Nicole	*** Indicates a class in the lap pool
9:30 - 10:30 Burn n' Firm Danielle	 Sandi/ 10:00 - 11:00	7:30 - 8:30 Pilates Val		
 Danielle/ 10:30 - 11:00	12:00 - 1:00 Tai Chi Donna	 Sandi/ 9:00 - 10:00		10:30 - 11:15 Aqua Arthritis Addie
	 Kerri/ 5:00 - 5:30	10:30 - 11:30 Pilates Nellie	12:00 - 1:00 Cycle Kerri	
 Amanda/ 4pm	 Kerri/ 5:30 - 6:00	12:00 - 1:00 Burn at the Barre Sarah		
	6:00 - 6:15 Stretch Kerri			5:15 - 6:00 Core & More Mark
5:00 - 6:00 Masala Bhangra Susan	 Greg/ 6:30 - 7:30	6:00 - 7:15 Gentle Yoga Donna		6:00 - 6:45 Cardio Tone Mark ***
7:00 - 8:00 Hi/ Lo Mark	 Laura/ 7:30 - 8:30		7:00 - 8:00 Cycle Mike	