











THURSDAY

| STUDIO 1 | STUDIO 2 | STUDIO 3 | CYCLE | AQUA |
|---|--|---|---------------------------------|---|
| | 5:45 - 6:45 Boxing Pat | | 7:00 - 8:00 Cycle Cheryl | 7:00 - 7:45 Cardio Tone Sarah *** |
| 9:00 - 10:00 Step Laurie | | 9:30 - 10:30 Gentle Yoga Michael Q. | 9:30 - 10:30 Cycle Lauren | |
| 10:00 - 11:00 Balance & Movement Stephanie C. |  Rhonda/ 10:00 - 11:00 | | | 10:00 - 10:45 Ai Chi Donna R. |
| |  Tori/ 12:00 - 12:30 | 11:00 - 12:00 Tai Chi Donna R. | | |
| | 12:30 - 1:00 TBCC Tori | | | *** Indicates a class in the lap pool |
| 3:30 - 4:30 Cardio Belly Dance Leslie | 5:00 - 6:00 Total Conditioning Kayla | 5:00 - 6:00 Pilates Stephanie | 4:30 - 5:30 Cycle Howie | |
| | 6:00 - 7:00 Step Kayla | 6:00 - 7:15 Vinyasa Yoga Ruth | | 6:30 - 7:30 Aqua Arthritis Addie |
| ZUMBA Tanya/ 7:00 - 8:00 |  Al/ 7:00 - 8:00 | | | |



FR IDAY

| | | | | |
|---|---|---|--------------------------------|--|
| | 5:45 - 6:45 Total Body Laurie | 7:00 - 8:00 Vinyasa Yoga Carrie | 5:45 - 6:45 Cycle Mike | *** Indicates a class in the lap pool |
| 9:00 - 10:00 Ultimate Fitness Jacque C. |  Sandi/ 9:30 - 10:30 | | | 10:00 - 11:00 Cardio Tone Karen*** |
|  Jackie S./ 10:00 - 11:00 | |  Sandi/ 10:30 - 11:30 | | 11:00 - 11:45 Poolates Karen |
| | 12:00 - 1:00 Power Tone Suzie | 12:00 - 1:00 Pilates Renee | 12:00 - 1:00 Cycle Blair | |
| 3:30 - 4:30 ZUMBA Gold Stephanie C. |  Suzie/ 1:00 - 1:30 | | | |
|  Leslie/ 5:00 - 6:00 | | | 5:30 - 6:30 Cycle Laurie | |
| |  Al + Tori/ 6:00 - 7:00 |  Karen/ 6:15 - 7:15 | | |

SATURDAY

| | | | | |
|---|---|---------------------------------------|----------------------------------|---|
| | | 8:00 - 9:15 Hatha Yoga Valerie | 7:30 - 8:30 Cycle Kerri | *** Indicates a class in the lap pool |
|  Arturo/ 9:00 - 10:00 |  Lisa/ 9:00 - 10:00 | | | 9:00 - 9:45 Cardio Tone Mari-Celeste*** |
|  Al/ 10:00 - 11:00 | 10:00 - 11:15 Boxing Pat | 10:00 - 11:15 Gentle Yoga Donna | 10:00 - 11:00 Cycle Laurie | |
| ZUMBA for Beginners Larisa/ 11:00 - 12:00 |  Laura/ 11:15 - 12:15 | | | |
| ZUMBA Melissa/ 12:30 - 1:30 | | 1:00 - 2:00 Feldenkrais Jaclyn | | |
| 2:00 - 3:00 Ballroom Dance Del | | | | |

SUNDAY

| | | | | |
|--|---|--|--|--|
| 9:00 - 10:00 Nia Susan | | 8:30 - 9:45 Hatha Yoga Del | 8:00 - 8:45 Begin to Spin Adonis | |
| ZUMBA Issa D./ 10:00 - 11:00 |  Al/ 9:00 - 10:00 | | 9:00 - 10:00 Cycle Adonis | |
|  Liz + Greg/ 11:00 - 12:00 | 10:00 - 11:00 Step Kayla | 10:00 - 11:00 Gentle Pilates Terry | | 9:30 - 10:30 Cardio Tone Mark*** |
| ZUMBA Melissa/ 12:30 - 1:30 | 11:00 - 12:00 Hi/ Lo Mark | | | |

Princeton Fitness & Wellness Center At Plainsboro

Hours: Monday - Friday, 5am - 11pm/ Saturday and Sunday 7am - 7pm
Childcare Hours: Weekdays 8:30am-2pm/ 2:30pm-8pm / Weekends 8am-3pm

- * Classes and instructors are subject to change.
- * Please pick up a cycle ticket at the front desk up to one hour before class.
- * Please refrain from using your mobile devices in fitness studios.
- * Sign up for Group Fitness Emails at the front desk!