







GROUP EXERCISE SCHEDULE

January - March 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p> STUDIO A 12:00p Total Body Training (Gold)</p> <p>STUDIO A 12:30p Stretch (Gold)</p> <p>STUDIO B 6p Boxing (Donald)</p> <p>STUDIO B 6:30p Core Conditioning (Donald)</p> <p>STUDIO A 6:30p Pilates Auditions (Various Instructors- Confirm with Squash Desk) 2/25: Rori</p> <p>7p Pilates Auditions (Various Instructors- Confirm with Squash Desk) 2/25: Rori</p> <p>STUDIO B 7-7:55p Hatha Yoga (Jennifer L.)</p>	<p> STUDIO B 12:30-1p Tag! You're it! (Damon)</p> <p> STUDIO B 1-1:30p Tag! You're it! (Damon)</p> <p>STUDIO B 6-6:55p Yoga Start Date TBA (Instructor TBA)</p> <p>STUDIO A 7p Easy Rider Spin (Jennifer P.)</p> <p>STUDIO A 7:30p Mad Dogg Spin (Jennifer P.)</p>	<p> STUDIO B 12p Silver Warrior Start: 3/05 (Damon)</p> <p>STUDIO B 12:30-1:25p Yoga (Damon)</p> <p>STUDIO A 12:15p Intro to Kettlebells (Tracy)</p> <p> STUDIO B 6-6:55p Salsa (Brenda)</p>	<p>STUDIO B 12:30p Boxing (Donald)</p> <p>STUDIO B 1p Total Stretch (Donald)</p> <p>STUDIO B 5:30p Lower Body Sculpt Start: 2/21 (Chris)</p> <p>STUDIO B 6p Upper Body Sculpt Start: 2/21 (Chris)</p> <p>STUDIO A 6:30p Pilates Auditions (Various Instructors- Confirm with Squash Desk) 2/25: Megan</p>	<p>STUDIO B 12:00p Body Weight Training (Tracy)</p> <p> STUDIO B 12:30-1:30p Adv Beg-Int Salsa (Brenda)</p> <p>STUDIO A 12:30p Easy Rider Spin (Pamela)</p> <p>STUDIO A 1p Spin (Pamela)</p> <p>Watch for our very popular Friday Night Dance Mixers:</p> <p>Feb 29: Tango Mar 28: Cha Cha Apr 25: Salsa May 30: Tango Summer Break Sep 26: Cha Cha Holiday Break</p> <p>All Mixers are \$30pp Refreshments served Space is limited. Reserve @ x1261</p>

⌘ Classes are 30 minutes unless otherwise indicated ⌘ All classes are \$ 10. 10-Class Package \$90 ⌘
⌘ Schedule subject to change without notice: Check Squash desk or email squash@princetonclub.com for updates ⌘