



Princeton
Fitness & Wellness

FEBRUARY IS HEART MONTH

Family Schedule

To maintain optimal health for you and your family,
the following classes are open all month for families.
Please refer to age restrictions.

Mondays	6:00pm - 6:55pm	BURN FIRM & CORE	Studio 1	Ages 12+
Mondays	6:30pm - 7:30pm	BAREFOOT BODY WORK	Studio 2	Ages 12+
Tuesdays	10:30am - 11:30am	ZUMBA®	Studio 1	Ages 6+
Tuesdays	7:00pm - 8:00pm	CYCLE	Cycle Studio	Ages 10+/ 48" tall
Wednesdays	11:25am - 12:25pm	BOLLYWOOD DANCE	Studio 1	Ages 8+
Wednesdays	6:30pm 7:30pm	CYCLE	Cycle Studio	Ages 10+/ 48" tall
Thursdays	6:00pm - 7:00pm	ZUMBA®	Studio 1	Ages 6+
Fridays	5:30pm - 6:30pm	CYCLE	Cycle Studio	Ages 10+/ 48" tall
Saturdays	10:30am - 11:30am	PILOXING	Studio 3	Ages 10+
Saturdays	12:20pm - 1:20pm	ZUMBA®	Studio 1	Ages 6+

All Cycle classes need a Cycle ticket.
Thank you!