GROUP AND INSTRUCTIONAL FITNESS

FREE TRIAL WEEK!

Monday, September 19, 2016 to Sunday, September 25, 2016:
Over 60 free classes to choose from on our free week schedule. This includes all Group Fitness, Yoga/Pilates and Cycle classes, as well as selected Dance, Special Interest and Martial Arts classes. These classes will be free to all PU students, faculty, staff and Dillon Gym Members.

Starting Monday, September 26, 2016:
Registration will be required for all instructional classes. Punch cards will be required for all Group Fitness, Yoga/Pilates and Cycle classes.

NOTES ON INSTRUCTIONAL PROGRAMS:
There are no instructional classes during break periods. Please check registration for dates of all classes.

REGISTRATION DATES:
Online registration is available beginning on Monday, September 1, 2016 at www.princeton.edu/campusrec.

REFUND POLICY:
You can drop a class for any reason during the first week of classes. No refund requests will be accepted after Sunday, October 2, 2016. There will be NO REFUNDS issued for punch cards or passes.

*Questions regarding group and instructional fitness programs should be directed to Kara Nitti, knitti@princeton.edu
### CLASS DESCRIPTIONS

**Punch card prices**
- 6-punch $40
- 12-punch $70
- 24-punch $95
- 36-punch $115

### GROUP FITNESS CLASSES

*These classes require a punch card.*

**BARRE FIT-NEW!** - 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!

**BODYPUMP® EXPRESS** - Focusing on major muscle groups. Your favorite barbell class shortened to 30 minutes.

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

**CARDIO DANCE** - This high-energy class has easy to follow choreography to popular music. Get out on the dance floor and show off your moves! You’ll forget that you’re working out.

**CYCLE & SCULPT** - An energizing class combining 25 minutes of cycling and 25 minutes of strength, balance and flexibility exercises utilizing various pieces of equipment including weights, bands, balls to create a unique & well rounded total body experience.

**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.

**TRX® CIRCUIT** - 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.

**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/ CAITLIN.** Looking for an intensive cardio workout with a team dynamic? This workout simulates hill-climbing, sprints, and interval sets of outdoor road cycling, but also includes the motivational benefits of pushing yourself in a group. Interval zone and strength zone classes will focus on cardiovascular fitness and fat burning with mild leg strength training.

**CYCLE W/ DARIUS.** Burn mega calories in this energizing simulated cycling class. Workout with motivating music, visualization and motivational strategies to thrust you towards your fitness goals. In this class, you will discover the best aspects of the interval and strength zones of spinning. Jump, climb and sprint your way to being a fitter you.

**CYCLE W/ GRANT.** Interval based class with emphasis on intensive cardio and mild leg strength training while riding to your favorite tunes.

**CYCLE W/ MEGAN M.** This class will alternate Interval and Strength focused workouts. For interval weeks, you will ride on a journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you climb hills, perform sprints and other drills to give you a great interval workout. For strength weeks, you will ride in the hills for the majority of class. You will be working on your strength energy zone, tackling a few big hills or simulating smaller rolling hills.

**CYCLE & SCULPT W/ DOREEN.** An energizing class combining 25 minutes of cycling and 25 minutes of strength, balance and flexibility exercises utilizing various pieces of equipment including weights, bands, balls to create a unique & well rounded total body experience.
**YOGA/PILATES**

These classes require a punch card.

**THE MELT METHOD W/ALIDA-NEW**- Using easy and gentle specialized techniques, a soft body roller, and small soft balls, MELT rehydrates the connective tissue which keeps our bodies stable and upright, rebalances the nervous system and restores space to compressed joints.

**PILATES W/KAREN**- As a certified comprehensive Pilates Instructor from BASI, Karen creates a total body workout starting with the core working its way through the entire body. Developing strength, flexibility and coordination, Karen’s experience provides a welcoming class for all levels including athletes and special populations.

**YOGA W/ JENNIFER**- A gentle hatha yoga class with the integrations of flowing vinyasa to warm the body from within. We will practice breath work (pranayama) and meditation. Strong focus on alignment and finding balance between strength and flexibility in all poses. All levels welcome.

**YOGA W/ MARIA**- An active vinyasa class. Proper alignment is combined with the flow and freedom of vinyasa. Challenging, flowing sequences to build strength and balance. Ending with deep relaxation poses becoming aware of mind-body connection. All levels welcome.

**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.
DANCE

*Belly Dance Basics*—$45  
**FRI**—1:45pm-3:00pm  
starts 9/30  6 weeks

Celebrate the timeless, universal, feminine dance. This class explores the basic traditional movements of Middle Eastern Dance including arm, hand and hip movements. This class is designed for the beginner but all levels are welcome. We focus on the foundational elements of Middle Eastern dance such as body awareness, the anatomy of hip work and other isolations, an intro to rhythm structure, an intro to improvisation and building a dance (movement) vocabulary. Please bring a scarf for your hips.

*Belly Dance II*—$45  
**FRI**—3:00pm-4:15pm  
starts 9/30  6 weeks

This class is designed for the student who would like to continue the exploration and excitement of Middle Eastern Dance. This class may be taken in conjunction with the *Belly Dance Basics* class. This class includes building on the foundational elements of Middle Eastern dance, putting the dance (movement) vocabulary into combinations and developing your Middle Eastern rhythm vocabulary. Some experience is recommended.

SPECIAL INTEREST

*Figure Skating*—$55  
**TH**—8:45am—9:35am  
starts 9/29  8 weeks

This class is designed for those who would like to learn basic ice skating moves or improve on ones that they already know. Everyone can move at their own pace, learning as much or as little as they are comfortable with. It is helpful to have previous skating experience, but not necessary. Participants must provide their own skates. No membership is required. Held at Baker Rink. Taught by Club Figure Skating.
RACQUET SPORTS

Squash Fundamentals—$70  M/W—9:00am—9:50am  starts 9/26  8 weeks

Learn the fundamentals of Princeton’s favorite court game. This introductory course covers forehand and backhand drills, service and service returns, volleys and basic strategies of the game. Protective eyewear is provided; other equipment is available at an additional cost.

Intermediate Squash—$50  F—9:00am—9:50am  starts 9/30  7 weeks

This class is designed for the intermediate player who wants to improve their strokes, techniques and strategies. Protective eyewear is provided; other equipment is available at an additional cost.

Beginner/Adv. Beginner Tennis—$70  M/W- 10:00am-10:50am  starts 9/26  8 weeks

This course is intended for the novice player or a player who has had a few lessons. Instruction covers the fundamentals of stroke production, movement and tactics using games and drills along with match play emphasizing doubles. Also covered are keeping score, common terminology and rules of the game. Equipment is provided. No membership is required.

Intermediate/Advanced Tennis—$70  T/TH-9:00am-9:50am  starts 9/27  8 weeks

This course is intended to refine and focus the skills learned in the Beginning Tennis classes. Drills are used to develop consistency, depth and pace. Equipment is provided. No membership is required.
MARTIAL ARTS

**Brazilian Jiu Jitsu—$55**  
* SAT—1:30pm-3:00pm  
starts 10/1  
8 weeks

In the past twenty years, Brazilian Jiu-Jitsu (BJJ) has gained prominence and changed the way people think about the martial arts. It is a grappling system, which, unlike Tae-Kwon Do or Karate, does not heavily emphasize striking techniques such as punches and kicks. Instead, it focuses primarily on ground attacks, in which superior positioning and joint locks are utilized against an opponent. This class will introduce the wide range of techniques in BJJ and place the system in the various contexts of self-defense, sport, and martial arts in general.

**Krav Maga I—$55**  
* SUN—1:00pm-2:30pm  
starts 10/2  
8 weeks

An introductory level class. Krav Maga I instructs students on the foundation of Krav Maga self defense and hand-to-hand combat techniques. Have fun and get fit while you learn various stances and combative movements used for self defense. An exciting and fast paced class designed to prepare both the body and mind against violent attacks, utilizing stress drills designed to mimic real life situations.

**Krav Maga II—$55**  
* SUN—2:30pm-4:00pm  
starts 10/2  
8 weeks

Open to those with prior experience in Krav Maga, this intermediate class involves training under increased levels of intensity and higher risk situations. Students apply the basic principles learned in Krav Maga I and more advanced skills and techniques, to more intense simulated street attacks. Students also learn how to use their body as a weapon while adapting to more stressful confrontations.

**Mixed Martial Arts Drills—$55**  
* SAT—3:00pm—4:00pm  
starts 10/1  
8 weeks

This non-contact MMA (Mixed Martial Arts) class will teach techniques used in Jiu Jitsu, Judo, Muay Thai and boxing. The hour will consist of a warm-up, exercises, drills and lesson. No sparring. Using bags for kicks, hand drills, hand eye coordination and striking techniques. Gloves and wraps will be needed.

**Tai Chi—$55**  
* W—7:30pm—8:45pm  
starts 9/28  
8 weeks

Sifu Wonchull Park and Mackenzie Hawkins teach this Tai Chi class as a way to achieve deeper comfort and higher performance in all activities, through traditional and scientific understandings. Tai Chi is a Chinese martial art and health exercise based on Taoist philosophy that emphasizes deep relaxation of mind and body. The form practice helps one to achieve this by developing greater awareness of 'here and now'. Through self-defense applications, students can experience how deep relaxation leads to optimal action, and can apply this idea to other physical disciplines and to enhance everyday life. Because it does not rely on brute force, Tai Chi is a rare example of an art of self-defense that can be used effectively against physically much stronger opponents.
FITNESS & WELLNESS CLASSES
These classes require registration.

**Meditation in Action—$55**
**SUN-5:00pm-6:15pm**
**starts 10/2**
**8 weeks**

Quieting the mind reduces stress and enables better performance throughout life. In this class, students learn how to cultivate mindful awareness in sitting meditation and come to understand how meditation is related to optimal action. Students then practice how to take meditation "beyond the cushion" through a step-by-step progression of physical exercises, including a game of martial art origin. These exercises are easy to learn yet difficult to master, so improvement provides a ready source of feedback for students as they apply their newly developed meditation skills to challenging (and even sometimes adversarial) situations. A meditative way of doing everyday movements is also practiced to reduce tension and enhance well-being.

**Yoga 101—$55**
**M—6:15pm—7:15pm**
**starts 9/26**
**8 weeks**

In this class students will learn the basics of yoga in a safe, supportive environment through a combination of instruction and practice. Students will be introduced to the principles of proper alignment and postures in yoga and will feel prepared to take "all-level" yoga classes. The teacher will also provide a foundation in yogic breathing and meditation techniques, as well as some of the core philosophies behind this ancient tradition. Yoga 101 is appropriate for both brand new students and for those feeling they need a refresher course to help them understand the practice of yoga. Yoga is appropriate for everyone, whatever their fitness level, flexibility, or age.

It is recommended that you bring your own yoga mat.
SPECIAL PROGRAMS IN THE STEPHENS FITNESS CENTER

FITNESS CENTER ORIENTATIONS

During the fall semester, 15-minute orientations to the Stephens Fitness Center will be held every Monday at 8am, 12pm and 5pm. The orientations will begin at the reception desk in the Stephens Fitness Center. The dates are Sep 12, 19 and 26; Oct 3, 10, 17, 24 and 31; Nov 7, 14, 21 and 28; and Dec 5, 12 and 19. (Note: These "orientations" are essentially tours to familiarize people with the facility and programs; they're not instructional.)

WELLNESS SCREENINGS

Blood Pressure I  Mon Oct 3 to Fri Oct 7; 8am to 8pm
Body Composition I  Mon Nov 14 to Fri Nov 18; 8am to 8pm

The wellness screenings don’t require an appointment and there’s no charge.

FITNESS EVENTS

Bench Press I: Thu Sep 22; 8am to 8pm
Indoor Rowing Regatta: Thu Oct 20; 8am to 8pm
Scale the Washington Monument: Thu Nov 17; 8am to 8pm

INCENTIVE PROGRAM

1,000-Point Challenge I: Mon Sep 26 to Sun Oct 30
1,000-Point Challenge II: Mon Nov 14 to Sun Dec 18

FIT-N-FUN EVENTS

Halloween Pretzel Prediction: Mon Oct 24 and Tue Oct 25; 8am to 8pm
Thanksgiving Pumpkin Puzzler: Mon Nov 21 and Tue Nov 22; 8am to 8pm
Battle of the [Holiday] Bulge: Mon Nov 21 to Fri Jan 13

CAMPUS OUTREACH

WELLNESS ON WHEELS! (WOW!)

Can’t get to Dillon Gym for a wellness screening? Then have the screening come to you! Choose from any of the following screenings:

Blood Pressure
Body Composition
Flexibility
Muscular Strength

To schedule WOW! or learn more about it, contact Matt Brzycki at 258-3520 or brzycki@princeton.edu.
WORKSHOPS AT WORK

Schedule a free workshop to be held in the comfort of your work-site! Choose from any of the following topics (or ask us to custom-make one to suit your specific needs):

- Improving Muscular Strength
- Improving Aerobic Fitness
- Improving Flexibility
- Get FITT!
- Strength and Fitness Mythology
- Eating for the Active Lifestyle
- Controlling Blood Pressure
- Weight Management
- 20 Tips for Weight Loss

Stephens Fitness Center: What We Offer

To schedule a Workshop at Work or learn more about them, contact Matt Brzycki at 258-3520 or brzycki@princeton.edu.

WELLNESS PROGRAMS

Body-Composition Analysis

This quick but accurate assessment with skin-fold calipers lets you know your body composition (percentage of body fat and lean-muscle mass). Cost: $5

FitSmart Fitness Appraisal

Make an individual appointment for this fitness screening that includes seven components of fitness and wellness: resting blood pressure, resting heart rate, body composition, muscular strength, flexibility, risk factor questionnaire and cardiovascular endurance. The appraisal and consultation take approximately 30 minutes. Cost: $15

Weight Management

This 10-week program includes an initial consultation, 5 follow-up meetings, an exercise program and body-composition analysis at the beginning and the end of the 10 weeks. Cost: $60

Personal Fitness Consultation

This is a personalized program designed by a member of the fitness staff. It consists of instruction in aerobic training as well as strength training. Cost: $45

Personal Training

Get individual attention from a personal trainer during one-on-one workouts. Cost:

- 1-hour session $45
- 1.5-hour session $70
- 5-hour package $220
- 10-hour package $430
- 20-hour package $820
- 30-hour package $1,170

Sport-Specific Personal Training

Whether you’re a runner, golfer, tennis player or swimmer, our sport-specific trainer can guide you through an appropriate program to help increase your speed, power, agility and strength. (The rates are the same as regular personal training.)
INFORMAL RECREATION

Need a locker, basketball, swim goggles, or other equipment? Please see us in the main lobby in Dillon Gym.

- Ping Pong in Squash Ct. #16 (equipment at Dillon Front Desk, Dillon Gym membership or Guest Pass required)
- Golf Swing Practice in Squash Ct. #15 (equipment at Dillon Front Desk, Dillon Gym membership or Guest Pass required)
- Faculty/Staff Noon Hoops M/W/F, 11:30am-1:30pm; Drop-in program at Dillon Gym (all year, Dillon Gym membership or Guest Pass required)
- Tennis at the Jadwin Indoor Tennis Courts (for information call 258-5057)
- Golf at Springdale Golf Club (Fees apply, call 924-3198)