



GROUP EXERCISE JULY 2024

SCAN TO



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notice some changes to the schedule due to the holiday & vacations 6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S STACEY 6:30 KO JENNY	1 6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S STACEY 6:30 KO JENNY	2 6:00 C SAMANTHA 9:00 SDF MISSY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF RANDI 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 SDF RENA 6:30 C BETH (gym)	3 6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS DIXIE 4:15 PS ASHLEY 5:30 B&B KEITH 6:30 UL MISSY	4 NO CLASSES PH&FC CLOSED GOD BLESS AMERICA! Have a safe & Happy 4TH OF July!	5 6:00 PS BETH 9:00 SDF MISSY 11:15 SS MISSY 4:15 PS NO CLASS	6 8:00 C SUZANNE 9:00 B&B JENNY Notice of change *No dance class* The 9am class will be Box & Burn
IF IT DOESN'T CHALLENGE YOU, IT WILL NOT CHANGE YOU! 6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO BETH	8 6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO BETH	9 6:00 C SAMANTHA 9:00 SDF MISSY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y NO CLASS(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C JENNY (gym)	10 6:00 HCC KEITH(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS DIXIE 4:15 PS ASHLEY 5:30 B&B SAMANTHA 6:30 UL RANDI	11 6:00 Y BETH F 9:00 PS PAM 9:15 Y DANIELLE 10:15 BLD NANCY 11:15 GY NANCY 4:30 SDF RANDI 5:30 Y SANDRA(up) 5:30 W/S FRANK 6:30 Z RENA	12 6:00 PS BETH 9:00 SDF NANCY 11:15 SS NANCY 4:15 PS KEITH	13 8:00 C KEITH 9:00 Z RENA 10:00 B&B KEITH
INSPIRE YOURSELF INSPIRE OTHERS 6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO JENNY	15 6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO JENNY	16 6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y DENISE(up) 5:30 W/ST MARYBETH 6:30 Z RENA 6:30 C KEITH (gym)	17 6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 PS STACEY 5:30 B&B KEITH 6:30 UL MISSY	18 6:00 Y NO CLASS 9:00 PS NANCY 9:15 Y DANIELLE 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF MISSY 5:30 Y SANDRA(up) 5:30 W/S SAMANTHA 6:30 Z RENA	19 6:00 PS STACEY 9:00 SDF NANCY 11:15 SS MISSY 4:15 PS KEITH	20 8:00 C JENNY 9:00 SDF MISSY 10:00 B&B SAMANTHA
A LITTLE PROGRESS EACH DAY ADDS UP TO BIG RESULTS! 6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S NANCY 6:30 KO JENNY	22 6:00 HIIT SAMANTHA 9:00 PS PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S NANCY 6:30 KO JENNY	23 6:00 C SAMANTHA 9:00 SDF MISSY 10:00 Y DENISE 11:15 LD DIXIE 4:30 SDF NANCY 5:30 Y SANDRA(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C BETH F(gym)	24 6:00 HCC JENNY(gym)** 9:00 B&B PAM 10:15 M&G TRACY 11:15 SS DIXIE 4:15 PS JR 5:30 B&B JR 6:30 UL RANDI	25 6:00 Y BETH 9:00 PS NANCY 9:15 Y DANIELLE(up) 10:15 BLD DIXIE 11:15 GY NANCY 4:30 SDF RANDI 5:30 Y DENISE(up) 5:30 W/S FRANK 6:30 Z RENA	26 6:00 PS BETH 9:00 SDF NANCY 11:15 SS NANCY 4:15 PS BETH	27 8:00 C SUZANNE 9:00 SDF RANDI 10:00 B&B BETH
BELIEVE IN YOURSELF 6:00 HIIT SAMANTHA 9:00 PS NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO BETH	29 6:00 HIIT SAMANTHA 9:00 PS NANCY 10:15 M&G TRACY 11:15 SS TRACY 4:15 PS STACEY 5:30 S&S MARYBETH 6:30 KO BETH	30 6:00 C SAMANTHA 9:00 SDF NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 SDF MISSY 5:30 Y DENISE(up) 5:30 W/ST FRANK 6:30 SDF RANDI 6:30 C JENNY(gym)	31 6:00 HCC BETH (gym)** 9:00 B&B MARYBETH 10:15 M&G DIXIE 11:15 SS NANCY 4:15 PS KEITH 5:30 B&B JR 6:30 UL MISSY			
Exercise is a Celebration of what your body CAN DO!	If you have any suggestions or questions about our classes Please contact Nancy Walker Thank you for supporting group exercise	We monitor attendance in all classes. If any particular class has consistently low attendance, that class runs the risk of being canceled.	PH&FC offers 54 Group Exercise Classes a week (Including Aqua) We have a class just right for YOU!	Please note: Instructors are subject to change on short notice.	WE LOVE HAVING "YOU" IN CLASS!	

CLASS KEY: (For class descriptions, please see reverse side)

- B&B Box & Burn
- BLD: Beginning Line Dancing
- BOOTCAMP: Military style fitness class
- C: Cycle
- GY:Gentle Yoga
- HCC: Hard Core Cycle
- HIIT:High Intensity Interval
- LD: Line Dancing
- M&G: Move & Groove
- PS: Power Sculpt
- S&S: Step & Sculpt
- SF: SHINE DANCE FITNESS™
- SS: SilverSneakers Classic
- UL: Uplift™
- W/S: War/Strength
- Y: Yoga
- Z:Zumba