

GROUP TRAINING

Group training allows you to get much of the same benefits of personal training with a smaller cost. Get the expertise of our trainers with the varieties of ways you can learn new exercise and challenge your body.

75% of members who join a group session sign up again because IT WORKS!

For more info contact Erin Frantz, Personal Training Director: 414-525-2383 or efrantz@princetonclub.net
Sign up for **auto-enroll** and pay only \$12/class per session OR \$10 for 2 or more classes per session!

TRX Group Training

2 Month Sessions

(With Trainers Jeremy and Ariana)

Suspension Training bodyweight exercise allow users to self-adjust the amount of resistance they want, making it suitable for people of all fitness levels by making small changes in foot, hand or body position; this capability empowers participants to continue with training, even when fatigue sets in. This versatility makes the TRX attractive to so many users, including elite athletes in every major sports league, all branches of the military, and fitness enthusiasts at all levels.

We have reserved an area exclusively for TRX small training groups. Located in the southwest corner of the basketball courts, this area will be utilized in small group trainings for up to 6 people at a time.

See back page for all Group Training Policies.

DATE	DAY	TIME	CODE
Mar 6 - Apr 24	Sun. (Jeremy)	10:30-11:30 am	TRX1B*
Mar 7 - Apr 25	Mon. (Ariana)	5:30-6:30 pm	TRX2B**
Mar 1 - Apr 26	Tues. (Jeremy)	5:15-6:15 am	TRX3B
Mar 3 - Apr 28	Thurs. (Jeremy)	9:00-10:00 am	TRX6B

Low Impact Class:

Mar 4 - Apr 29	Friday (Ariana)	8:15 - 9:15 am	TRX7B
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Registration Deadline: Feb 24th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

*TRX1B Fee is is \$105 (7 week session) No class 4/17

**TRX2B Fee is is \$120 (8 week session)

DATE	DAY	TIME	CODE
May 1 - Jun 26	Sun. (Jeremy)	10:30-11:30 am	TRX1C
May 2 - Jun 27	Mon. (Ariana)	5:30-6:30 pm	TRX2C*
May 3 - Jun 28	Tues. (Jeremy)	5:15-6:15 am	TRX3C
May 5 - Jun 30	Thurs. (Jeremy)	9:00-10:00 am	TRX6C

Low Impact Class:

May 6 - Jun 24	Friday (Ariana)	8:15 - 9:15 am	TRX7C*
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Registration Deadline: Oct 27th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

*TRX2C, TRX7C is \$120 (8 week session) No class on 5/30

DATE	DAY	TIME	CODE
Jul 3 - Aug 28	Sun. (Jeremy)	10:30-11:30 am	TRX1D
Jul 4 - Aug 29	Mon. (Ariana)	5:30-6:30 pm	TRX2D*
Jul 5 - Aug 30	Tues. (Jeremy)	5:15-6:15 am	TRX3D
Jul 7 - Aug 25	Thurs. (Jeremy)	9:00-10:00 am	TRX6D*

Low Impact Class:

Jul 1 - Aug 26	Friday (Ariana)	8:15 - 9:15 am	TRX7D
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Registration Deadline: Dec 28th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

*TRX2D, TRX6D is \$120 (8 week session) No class on 7/4

Weekday Warrior

2 Month Sessions

(With Trainer Amy)

Like to start your week off right? Join Amy in a group training program that will incorporate stations for participants to get a high-calorie burning workout with strength and core conditioning included. Get it all done in an hour! Includes before and after measurements and weight tracking.

See back page for all Group Training Policies.

Located on Basketball Courts

DATE	DAY	TIME	CODE
Feb 2 - Mar 30	Wednesday	9:00-10:00 am	WDW1A

Registration Deadline: Jan 28th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

DATE	DAY	TIME	CODE
Apr 6 - May 25	Wednesday	9:00-10:00 am	WDW1B

Registration Deadline: Apr 1st (\$20 late fee applies after)

Member Fee: \$120 per session. (\$15/class)

DATE	DAY	TIME	CODE
Jun 1 - Jul 27	Wednesday	9:00-10:00 am	WDW1C

Registration Deadline: May 27th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

Youth Boot Camp (Ages 9-14)

2 month sessions (With Trainer Jeremy Petfalski)

Jeremy specializes in working with youth specifically to improve their performance either in the off season of sports or just general fitness. Work on strength, endurance, speed and agility using equipment such as agility ladders, battle ropes, bands, dumbbells, cable machines, plyo boxes and so much more! Come join and stay fit in a group setting and fun atmosphere. For youth ages 9 - 14. Non-Members Welcome.

Located in Group Training Studio

DATE	DAY	TIME	CODE
Mar 7 - Apr 25	Monday	4:30-5:20 pm	YBC1B

Registration Deadline: March 2nd (\$20 late fee applies after)

Member Fee: \$120 per session. Non-Member Fee: \$150 per session.

DATE	DAY	TIME	CODE
May 2 - Jun 27	Monday	4:30-5:20 pm	YBC1C

Registration Deadline: Apr 27th (\$20 late fee applies after)

Member Fee: \$120 per session. Non-Member Fee: \$150 per session.

*No class 5/30

DATE	DAY	TIME	CODE
Jul 6 - Aug 31	Monday	4:30-5:20 pm	YBC1D

Registration Deadline: Jul 1st (\$20 late fee applies after)

Member Fee: \$135 per session. Non-Member Fee: \$165 per session.

Sign up for Auto-Enroll to save over 20%!

GROUP TRAINING, *continued*

HIIT

2 Month Sessionsn

Take your workout to the next level with High Intensity Interval Training. Mixing cardio and weights to raise your heart rate and increase your strength, you'll transform your body to the next level. The workouts constantly vary to keep things fun and interesting while always working hard. See back page for all Group Training Policies.

- Champs Gym (Thursday class held in Group Training Room)

DATE	DAY	TIME	CODE
Mar 1 - Apr 26	Tuesday (Amy)	9:00 - 10:00 am	HIIT4B
Mar 2 - Apr 27	Wednesday (Jeremy)	8:30 - 9:30 am	HIIT1B
Mar 2 - Apr 27	Wednesday (Amy)	5:15 - 6:15 pm	HIIT2B
Mar 3 - Apr 28	Thursday (Melissa)	9:00 - 10:00 am	HIIT5B

Registration Deadline: Feb 24th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

DATE	DAY	TIME	CODE
May 3 - Jun 28	Tuesday (Amy)	9:00 - 10:00 am	HIIT4C
May 4 - Jun 29	Wednesday (Jeremy)	8:30 - 9:30 am	HIIT1C
May 4 - Jun 29	Wednesday (Amy)	5:15 - 6:15 pm	HIIT2C
May 5 - Jun 30	Thursday (Melissa)	9:00 - 10:00 am	HIIT5C

Registration Deadline: Apr 28th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

DATE	DAY	TIME	CODE
Jul 5 - Aug 30	Tuesday (Amy)	9:00 - 10:00 am	HIIT4D
Jul 6 - Aug 31	Wednesday (Jeremy)	8:30 - 9:30 am	HIIT1D
Jul 6 - Aug 31	Wednesday (Amy)	5:15 - 6:15 pm	HIIT2D
Jul 7 - Aug 25	Thursday (Melissa)	9:00 - 10:00 am	HIIT5D*

Registration Deadline: Jun 30th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

*HIIT5D Fee is \$120 (8 week session)

PC Pulse Training

2 Month Sessions

Discover PC Pulse for a fresh, motivating exercise experience that delivers results you can see. Only PC Pulse combines best in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. Incorporate specific goals of heart rate training (using heart rate monitors with color coded goals) to get the most efficient results possible!

Whether you're striving to shed a few pounds, enhance performance or improve overall fitness, PC Pulse Training will help you achieve more with a mix of personal trainer attention, camaraderie and challenging progressive workouts.

**Requires purchase of heart rate strap (\$40) to be purchased at the Front Desk.*

See all Group Training Policies.

DATE	DAY	TIME	CODE
Feb 1 - Mar 29	Monday (Amy)	6:15 - 7:00 pm	PUL2A
Feb 4 - Mar 25	Thursday (Jeremy)	5:15 - 6:00 am	PUL4A
Feb 4 - Mar 25	Thursday (Amy)	6:15 - 7:00 pm	PUL5A
Feb 5 - Mar 26	Friday (Jeremy)	9:45 - 10:30 am	PUL6A

Registration Deadline: Jan 27th (\$20 late fee applies after)

Member Fee: \$120 per session (\$15/class)

Discounted rate of \$12.50/class for 2+ classes per week

DATE	DAY	TIME	CODE
Apr 4 - May 30	Monday (Amy)	6:15 - 7:00 pm	PUL2B*
Apr 7 - May 26	Thursday (Jeremy)	5:15 - 6:00 am	PUL4B
Apr 7 - May 26	Thursday (Amy)	6:15 - 7:00 pm	PUL5B
Apr 1 - May 27	Friday (Jeremy)	9:45 - 10:30 am	PUL6B

Registration Deadline: Mar 27th (\$20 late fee applies after)

Member Fee: \$135 per session (\$15/class)

Discounted rate of \$12.50/class for 2+ classes per week

*Fee for PUL2B is \$120 (8 week session) No class 5/30

DATE	DAY	TIME	CODE
Jun 6 - Jul 25	Monday (Amy)	6:15 - 7:00 pm	PUL2C*
Jun 2 - Jul 28	Thursday (Jeremy)	5:15 - 6:00 am	PUL4C
Jun 2 - Jul 28	Thursday (Amy)	6:15 - 7:00 pm	PUL5C
Jun 3 - Jul 29	Friday (Jeremy)	9:45 - 10:30 am	PUL6C

Registration Deadline: May 28th (\$20 late fee applies after)

Member Fee: \$135 per session (\$15/class)

Discounted rate of \$12.50/class for 2+ classes per week

*Fee for PUL2C is \$105 (7 week session) No class 7/4

Sign up for Auto-Enroll to save over 20%!

GROUP TRAINING, *continued*

Power

2 Month Sessions

(Thurs, Trainer Kayla / Sat, Trainer Melissa)

Located in the Box

Build Strength, add definition, increase bone density and decrease body fat by increasing lean muscle in this one hour power and strength class. Takes place in the Box and is designed for intermediate to advance level participants. See all Group Training Policies.

DATE	DAY	TIME	CODE
Mar 3 - Apr 28	Thursdays	6:00-7:00 pm	POW4B
Mar 5 - Apr 30	Saturdays	8:15-9:15 am	POW6B

Registration Deadline: Feb 26th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

Discounted rate of \$12.50/class for 2+ classes per week.

DATE	DAY	TIME	CODE
May 5 - Jun 30	Thursdays	6:00-7:00 pm	POW4C
May 7 - Jun 25	Saturdays	8:15-9:15 am	POW6C*

Registration Deadline: Apr 30th (\$20 late fee applies after)

Member Fee: \$120 per session. (\$15/class)

Discounted rate of \$12.50/class for 2+ classes per week.

*Fee for POW6C is \$120 (8 week session)

DATE	DAY	TIME	CODE
Jul 7 - Aug 25	Thursdays	6:00-7:00 pm	POW4D*
Jul 2 - Aug 27	Saturdays	8:15-9:15 am	POW6D

Registration Deadline: Jun 27th (\$20 late fee applies after)

Member Fee: \$120 per session. (\$15/class)

Discounted rate of \$12.50/class for 2+ classes per week.

*Fee for POW4D is \$120 (8 week session)

Boot Camp

2 Month Sessions (With Trainer Jeremy Petfalski)

If you would like to burn fat up to 9 times faster than traditional cardio, then this is the class for you! Boot Camp includes strength intervals for a powerful and challenging workout for your body. Jeremy's classes have taken the club by storm so don't miss out on the chance to get into this class at the prime time of the club in a small group setting. Jeremy will track your progress through the class with measurements and weights and the smaller group allows him to get to know you and your level of fitness better. This class has been added due to demand so sign up quick!

See back page for all Group Training Policies.

Meets in Champs Gym

DATE	DAY	TIME	CODE
Feb 3 - Mar 31	Thursdays	5:00-6:00 pm	BOOT1A

Registration Deadline: Jan 29th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

DATE	DAY	TIME	CODE
Apr 7 - May 26	Thursdays	5:00-6:00 pm	BOOT1B

Registration Deadline: Apr 2nd (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

*BOOT1B Fee is \$120 (8 week session)

DATE	DAY	TIME	CODE
Jun 2 - Jul 28	Thursday	5:00-6:00 pm	BOOT1C

Registration Deadline: May 28th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

Iron Interval

2 Month Sessions (With Trainer Jeremy Petfalski)

You've got one hour; you want strength, you want cardio, you want it all. And now you can have it in this new class that will integrate bouts of strength training work and bouts of cardio. Keep your heart rate going, keep the strength building, and keep the fat OFF! We are all short on time so make the most of the hour with a powerful and effective workout. Class utilizes all different types of cardio equipment and strength equipment.

See back page for all Group Training Policies.

Meets in Group Training Room

DATE	DAY	TIME	CODE
Feb 7 - Mar 28	Monday	8:30-9:30 am	IRON1A*
Feb 7 - Mar 28	Monday	5:30-6:30 pm	IRON2A
Feb 1 - Mar 29	Tuesday	8:15-9:15 am	IRON3A
Feb 1 - Mar 29	Tuesday	9:15-10:15 am	IRON4A
Feb 1 - Mar 29	Tuesday	6:00 - 7:00 pm	IRON6A*
Feb 4 - Mar 25	Friday	8:30-9:30 am	IRON5A*

Registration Deadline: Jan 27th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

Discounted rate of \$12.50/class for 2+ classes per week.

*IRON1A, IRON5A & IRON6A Fee is \$120 (8 week session)

DATE	DAY	TIME	CODE
Apr 4 - May 30	Monday	8:30-9:30 am	IRON1B*
Apr 4 - May 30	Monday	5:30-6:30 pm	IRON2B*
Apr 5 - May 31	Tuesday	8:15-9:15 am	IRON3B
Apr 5 - May 31	Tuesday	9:15-10:15 am	IRON4B
Apr 5 - May 31	Tuesday	6:00 - 7:00 pm	IRON6B
Apr 6 - May 25	Friday	8:30-9:30 am	IRON5B*

Registration Deadline: Mar 30th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

Discounted rate of \$12.50/class for 2+ classes per week.

*Fee for IRON1B, IRON2B & IRON5B is \$120 (8 week session)

*No Class 5/30

DATE	DAY	TIME	CODE
Jun 6 - Jul 25	Monday	8:30-9:30 am	IRON1C*
Jun 6 - Jul 25	Monday	5:30-6:30 pm	IRON2C*
Jun 7 - Jul 26	Tuesday	8:15-9:15 am	IRON3C
Jun 7 - Jul 26	Tuesday	9:15-10:15 am	IRON4C
Jun 7 - Jul 26	Tuesday	6:00 - 7:00 pm	IRON6C
Jun 1 - Jul 29	Friday	8:30-9:30 am	IRON5C**

Registration Deadline: May 27th (\$20 late fee applies after)

Member Fee: \$120 per session. (\$15/class)

Discounted rate of \$12.50/class for 2+ classes per week.

*IRON1C, IRON2C fee is \$120 (7 week session) No class July 4

**IRON5C fee is \$135 (9 week session)

GROUP TRAINING, *continued*

Raise the Bar!

2 Month Sessions (With Trainer Melissa Johns)

This class is a total body, heart pumping, strength and conditioning workout. This interval-based class incorporates full body strength training with high intensity cardio bursts designed to tone your body, build lean muscle, improve your endurance and clear your mind!

See back page for all Group Training Policies.

Meets in Group Training Room

DATE	DAY	TIME	CODE
Feb 2 - Mar 30	Wednesday	5:30-6:30pm	RTB1A
Feb 4 - Mar 25	Friday	9:45-10:45am	RTB2A*

Registration Deadline: Jan 28th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

*RTB2A Fee is \$120 (8 week session)

DATE	DAY	TIME	CODE
Apr 6 - May 25	Wednesday	5:30-6:30pm	RTB1B*
Apr 1 - May 27	Friday	9:45-10:45am	RTB2B

Registration Deadline: Mar 27th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

*RTB1B Fee is \$120 (8 week session)

DATE	DAY	TIME	CODE
Jun 1 - Jul 27	Wednesday	5:30-6:30pm	RTB1C
Jun 3 - Jul 29	Friday	9:45-10:45am	RTB2C

Registration Deadline: Nov 26th (\$20 late fee applies after)

Member Fee: \$135 per session. (\$15/class)

GROUP TRAINING POLICIES

1. All group training sales are final after the Registration Deadline. No refunds will be given after the Registration Deadline.
2. Credits will only be issued if the participant is unable to participate due to an injury or illness and a doctor's note is submitted within 2 weeks of when the injury/illness occurred. The credit will be put onto the member's account to be used towards a future group training or personal training session(s).
3. Classes cannot be prorated due to missed classes for any reason.
4. All group training sessions must have a minimum number of participants to run. If there are not enough participants, a refund will be issued.

Any questions on group training, please contact Erin Frantz at 414-525-2383 or efrantz@princetonclub.net.

Automatic Billing Available

**Make your life easier
AND save 20% or more!**

Sign up for Auto-Enroll for any Group Training to be automatically enrolled in the next session without the hassle of constantly having to register each time.

You will be auto-billed on your house account the 1st of the month prior to the session start. After the first two sessions, you may cancel anytime and enrollment will end after the current session.

Auto-Enroll in 1 class and the price drops to \$12/class.

Auto-Enroll in 2+ classes and your class price drops to

\$10/class! That's \$80+ savings per session!!!

Sign up! Contact Erin Frantz at efrantz@princetonclub.net