



Take advantage of our membership benefits

- ▼ Individualized workout programs
- ▼ Polar Body Age and Functional Movement Screen assessments
- ▼ Complimentary to new members: 1 Personal Training session and 1 Sports Specific session—Pilates, Swim, Martial Arts or Sports Performance
- ▼ State-of-the-art facilities
- ▼ 100 pieces of cardio equipment with Internet access and private viewing screens
- ▼ 3 levels of strength training equipment
- ▼ Most sought after group exercise classes
- ▼ Lap pool, therapy pool
- ▼ Luxurious spa pool with 2 waterfalls
- ▼ No registration fee for swim lessons
- ▼ Free family swim time
- ▼ Free childcare
- ▼ Sauna and steam room
- ▼ Free towel service
- ▼ Dedicated studios for Spinning, Pilates, Yoga, Boxing and Group Ex
- ▼ Fully equipped stretch areas
- ▼ Tae Kwon Do School with dedicated studio (ages 4 – adult)
- ▼ And SO MUCH MORE...

Located in Princeton's Forrestal Village, our state-of-the-art 73,000 square foot fitness club delivers an unparalleled health and fitness experience. We offer nationally certified group fitness instructors and personal trainers; aquatics programs with lap, therapy and spa pools; an indoor cycling studio; and cutting-edge fitness equipment all in a beautiful, upscale environment that will inspire and ignite.

WE HAVE SOMETHING FOR EVERYONE.



FORRESTAL VILLAGE FITNESS
121 MAIN STREET
PRINCETON FORRESTAL VILLAGE
PRINCETON, NEW JERSEY 08540
P:609.514.0500 | www.fvfitness.com



Join today! Call: 609.514.0500 or Email: Membership@FVFitness.com

Strength & Cardio

Forrestal Village Fitness offers industry-leading strength training and cardio options designed to help you reach your fitness goals. Strength and stamina – the two go hand in hand.

Sports Performance

Accelerate your fitness with our positive sports training experience. We maximize power, speed and agility for athletes as young as 7 years old, and all the way to the professional level.

Yoga

Enhance your body's strength, flexibility and balance with a wide variety of yoga styles taught by our Yoga Alliance certified instructors, including Ashtanga, Hatha and Vinyasa.

Pilates

Get straight to the core with controlled movements that engage your body and mind for total conditioning. Build strength, balance and a long, lean body with dynamic private Pilates classes, taught by our classical Pilates trainers.

Group Fitness

Working out gets social with our group exercise classes. We maximize results for everyone across every age and fitness ability, providing the support, motivation and individual attention you need to succeed.

Personal Training

Want to reach your fitness goals quicker? Our nationally certified personal trainers eliminate the guesswork by providing guidance and inspiration with customized programs based on your personal fitness goals.

Aquatics

Dive in to the liquid assets of our Aquatics Center. Our 89 degree therapy pool and Junior Olympic length lap pool offer private and group swimming lessons, fitness classes, physical therapy and fun weekend splash time.

Martial Arts

Perfect for all ages, our Tae Kwon Do martial arts school teaches the tenets of success: courtesy, integrity, perseverance, self-control and an indomitable spirit.

JAG Physical Therapy

Experienced, caring physical therapists, athletic trainers and exercise physiologists provide expertise in patient care and are committed to your full recovery, getting you back in the game of life.

Koi Spa Salon

Escape from the stress of life in a serene and luxurious full service spa. From hair and nail care to facials and massage, embrace a sense of renewal that will leave you looking and feeling your best.

