

MONDAY

| | | |
|--------|--------------------|------------------|
| 6:30am | Power Cycle | Carolyn (45 min) |
| 8:00am | Water Volleyball | |
| 9:00 | BodyPump | Maria |
| 10:00 | Pilates | Rita |
| 10:15 | Les Mills Core | Maria (30 min) |
| 11:00 | Senior Fitness | Maria |
| 4:30pm | BodyFlow | Jean |
| 5:30 | Power Cycle | Carolyn |
| 5:45 | BodyStep | Rita |
| 6:45 | BodyPump | Erin |

TUESDAY

| | | |
|--------|----------------------|----------------------|
| 8:00 | Aqua Pilates | Shelby(Therapy Pool) |
| 8:30 | Power Cycle | Paul |
| 9:00 | No Bar Barre | Kristen |
| 10:00 | Sh'Bam | Kristen |
| 10:15 | Chair Yoga | Kate |
| 11:00 | Water Aerobics | Kristen |
| 5:30pm | Shaolin Gong Fu \$\$ | Dave |
| 5:45 | Zumba | Leigh |
| 6:30 | Tai Chi \$\$ | Dave |
| 6:30 | Yoga | Ken |
| 6:45 | BodyCombat | Jean |

WEDNESDAY

| | | |
|--------|--------------------|---------|
| 6:05am | Strength | Linny |
| 8:00 | Water Volleyball | |
| 9:00 | Water Aerobics | Kathy |
| 9:00 | Yoga | Carolyn |
| 9:00 | BodyPump | Mona |
| 10:00 | BodyStep (30 min) | Mona |
| 10:45 | Senior Fitness | Mona |
| 11:45 | Senior Balance | Shelby |
| 5:00 | Zumba | Sarah |
| 5:30 | Power Cycle | Carolyn |
| 6:00 | BodyPump | Erin |

All classes on this schedule are included in our membership unless you see \$\$ following the class title.

Please visit or call the front desk to sign up for Tai Chi, Gong Fu, Karate and Specialty Yoga classes.



Hunterdon Health

Hunterdon Health and Wellness Centers

CLINTON Group Fitness

August 2022



- All land classes are 55 minutes unless otherwise specified.
- All aquatic classes are 55 minutes unless otherwise specified.
- Instructors listed are regularly scheduled
- Schedule content may change without notice, however every attempt will be made to insure a class offering.
- HHWC reserves the right to cancel classes on future schedules if class averages less than 4 participants.

LEGEND:

GREEN – Studio 3

RED- Studio #1

BLUE - Power Cycle Studio

PURPLE – Pool

ORANGE – Meeting Room

YELLOW - Class / Schedule Change

1738 Route 31 North

Clinton, NJ 08809

908.735.6884

Facility Hours:

Mon–Wed: 6am–9pm Thurs & Fri: 6am–8pm

Sat: 7am–6pm Sun: 8am–5pm

7/26/2022

THURSDAY

| | | |
|--------|---------------------|---------------|
| 6:30am | Circuit Training | Mona (45 min) |
| 9:00 | Boot Camp | Mona |
| 9:00 | Pilates | Shelby |
| 10:15 | Zumba Gold | Kelly |
| 10:00 | Specialty Yoga \$\$ | John (90 min) |
| 11:00 | Water Aerobics | Kathy |
| 5:00pm | Yoga | Carolyn |
| 6:00 | BodyCombat | Morgan |
| 6:00 | Water Aerobics | Lisa |

FRIDAY

| | | |
|--------|----------------------------|------------------|
| 8:00am | Water Volleyball | |
| 8:15 | Power Cycle | Paul |
| 9:00 | Water Aerobics | Kristen |
| 9:00 | BodyCombat | Jean |
| 9:15 | Yoga | Carolyn |
| 10:00 | Sh'Bam | Kristen |
| 10:15 | BodyFlow | Jean |
| 11:00 | BodyPump | Maria |
| 12:00 | Power Cycle Express | Carolyn (45 min) |
| 6:00pm | Strength (30 min) | Rita |
| 6:30 | Les Mills Core (30 min) | Rita |

SATURDAY

| | | |
|-------|-----------------------------|--------|
| 8:00 | BodyPump | Erin P |
| 8:30 | Power Cycle | Diana |
| 9:45 | Intro to Power Cycle | on 8/6 |
| 9:15 | Core & More | Jean |
| 10:30 | Zumba Gold | Kelly |
| 10:15 | BodyFlow | Jean |

SUNDAY

| | | |
|------|---------------------------|------|
| 9:15 | Zumba/Zumba Toning | Lisa |
|------|---------------------------|------|

Virtual Classes: If you are interested in participating in our virtual program, please email Shelby at shelbynelson@hhsnj.org to be granted access. This is included in all active memberships. If your membership is frozen, you can have access to the virtual classes for \$30 monthly.

Our new member portal is now active! Please visit wellnessctrs.clubautomation.com to set up your account.

Instructions can be found on our club website: <https://wellness.hunterdonhealthcare.org/> under the drop down "Classes".