

MONDAY

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

TUESDAY

7:00 am	Endurance Swim \$\$	Rich
8:00 am	Aqua Pilates (Therapy Pool)	Shelby
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	Eileen
5:30 pm	Shaolin Gong Fu \$\$	Dave
5:45	Zumba	Leigh
6:30	Tai Chi \$\$	Dave
6:30	Yoga	Ken
6:45	BodyCombat	Morgan
7:00	Endurance Swim \$\$	Rich

WEDNESDAY

6:30 am	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
10:30	BodyBalance	Patty
10:45	Senior Fitness	Mona
11:45	Steady Yourself (formerly Sr Balance)	Shelby
5:00 pm	Zumba	Sarah
5:30	Power Cycle	Carolyn
6:00	BodyPump	Erin

Sign Up!

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.

Instructions for Membership Portal are on the back!

MAY

2023



Hunterdon Health

Hunterdon Health and Wellness Centers

CLINTON

GROUP FITNESS

Revised 4/24/23



- All **land** and **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

THURSDAY

6:15am	Endurance Swim \$\$	Rich
6:30 am	Circuit Training (45 min)	Mona
9:00	Boot Camp	Mona
9:00	Mat Pilates	Shelby
10:00	Specialty Yoga \$\$ (90 min)	John
10:00	Cardio Dance Blast (Gold)	Kelly
11:00	Water Aerobics	Kathy
12:00 pm	Chair Yoga	Nicole
5:00	Yoga	Carolyn
5:30	TRX \$\$	Maria
6:00	BodyCombat	Jean
6:00	Water Aerobics	Lisa

FRIDAY

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

SATURDAY

8:00 am	BodyPump	Erin P
8:30	Power Cycle	Paul
9:15	Core & More	Jean
10:15	BodyBalance	Jean
10:30	Cardio Dance Blast (Gold)	Kelly

SUNDAY

9:15 am	Zumba Toning/Zumba 30 minutes of each (Toning first). Come for one or both! Sign up for 9:15 either way!	Lisa
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WE OFFER 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.



CLUB AUTOMATION MEMBER PORTAL INSTRUCTIONS

Link to Access Portal: <https://wellnessctrs.clubautomation.com/>

1. Click **"Access My Account"** (You must register as a first time member – it is NOT the same login as MotionSoft (old portal)).
2. Put in your first name, last name and email address (**NOTE: Your name and email address must match what we have on file. If it doesn't, it will not recognize your account. The name we have on file is what you originally put on your contract. If you have a proper name and a nickname, be sure to try both. ie: if your name is Jim and it doesn't work, be sure to try James).**)
3. It will ask for a verification code which you can retrieve from your email.
4. Set up your account: your login will be the first letter of your first name, and your full last name (no spaces, all lowercase).
5. After you set up your account, it will bring you to the home screen.
6. If you need to update any of your information, use the "view my info" tab on the left and click edit.
7. To sign up for a group fitness class:
 - a. Select "Group Fitness Classes" from the menu on the left
 - b. All of the classes for both locations will be listed in alphabetical order
 - c. You can use the filters at the top to choose by class or date. You can also filter by class type or you can simply search through the list of classes displayed. Be sure to click the correct location (WHS is Whitehouse, CLN is Clinton)
 - d. Once you find the class you want to register for, click "sign up"
 - e. Click on your name and then click "register"
 - f. You will receive a confirmation email.
 - g. You can also unregister (cancel) from a class by going to the main home screen, and clicking on the unregister button to remove yourself from the list
 - h. You are only allowed to sign up 7 days (one week) in advance
8. **Member Portal App is also available to download on your Smartphone device!**
 - a. To download, go to your phone's application store and search "Hunterdon Health and Wellness"
 - b. Once downloaded, you can either register using the instructions above, or log in with the username and password created.

**DID YOU KNOW WE OFFER MEMBER
REFERRAL REWARDS?**



If you refer a friend or family member and they join the Wellness Centers, you will receive a choice of \$20 on your club account that can be used toward any service, product or membership fee
OR 2 free guest passes.



**NEW
MEMBERS
SPECIAL!**

**\$70 for (2) 30 minute Personal
Training Sessions**