

## MONDAY

6:30 am	<b>Power Cycle Express</b> (45 min)	Carolyn
8:00	Water Volleyball - FF	
9:00	<b>BodyPump</b>	Kelly
9:00	<b>Gentle Yoga</b>	Nicole
10:00	Mat Pilates	Rita
10:00	<b>Cardio Dance Blast</b>	Kelly
11:00	<b>Forever Fit Combo - FF</b>	Kelly
4:00 pm	<b>RockSteady \$\$</b>	
4:30	<b>BodyBalance</b>	Jean
5:30	<b>Power Cycle</b>	Carolyn
6:00	<b>BodyPump</b>	Erin
6:30	<b>AquaFit-FF</b>	Kristen

## TUESDAY

7:00 am	Endurance Swim \$\$	Rich
8:30	<b>Power Cycle</b>	Paul
9:00	<b>Total Body Conditioning</b>	Michele
9:00	<b>Barre Fusion</b>	Jodi
10:00	FMI \$\$	Eileen
10:15	<b>Chair Yoga - FF</b>	Kate
11:00	<b>AquaFit - FF</b>	Eileen
5:30 pm	<b>Shaolin Gong Fu \$\$</b>	Dave
5:45	<b>Zumba</b>	Leigh
6:30	<b>Tai Chi \$\$</b>	Dave
6:30	<b>Yoga</b>	Ken
6:45	<b>BodyCombat</b>	Morgan
7:00 pm	<b>Endurance Swim \$\$</b>	Rich

## WEDNESDAY

6:30 am	<b>Total Body Conditioning</b>	Linny
8:00	Water Volleyball - FF	
9:00	<b>AquaFit - FF</b>	Kathy
9:00	<b>Yoga</b>	Carolyn
9:00	<b>BodyPump</b>	Mona
10:00	<b>BodyStep (30 min)</b>	Mona
10:30	<b>BodyBalance</b>	Patty
10:45	<b>Forever Fit Combo</b>	Mona
12:15 pm	<b>RockSteady \$\$</b>	
5:00	<b>Zumba</b>	Sarah
5:30	<b>Power Cycle</b>	Carolyn
6:00	<b>BodyPump</b>	Erin

### Sign Up!

All classes on this schedule are included in your 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!

# November

## 2023



### Hunterdon Health

Hunterdon Health and Wellness Centers

# CLINTON

## GROUP FITNESS

Revised 8/15/23



- 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 ensure 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 (1st Floor)

**YELLOW** - Class / Schedule Change

1738 Route 31 North  
Clinton, NJ 08809  
908.735.6884

### Facility Hours:

Mon-Thurs: 6am-9pm

Fri: 6am-8pm

Sat: 7am-6pm

Sun: 8am-5pm

## THURSDAY

6:15 am	Endurance Swim \$\$	Rich
6:30 am	<b>Boot Camp</b> (45 min)	Mona
8:00	<b>Aqua Pilates</b> (Therapy Pool) FF	Shelby
9:00	<b>Boot Camp</b>	Mona
9:00	<b>Mat Pilates</b>	Shelby
10:00	<b>Gentle Yoga</b>	Nicole
10:00	<b>FF Cardio Dance Blast</b>	Kelly
10:00	<b>FMI \$\$</b>	Kathy
11:00	<b>BodyPump</b>	Kelly
11:00	<b>AquaFit - FF</b>	Kathy
11:00 pm	<b>Chair Yoga - FF</b>	Nicole
6:00	<b>Yoga</b>	John F.
6:00	<b>BodyCombat</b>	Jean

## FRIDAY

8:00 am	Water Volleyball - FF	Paul
8:15	<b>Power Cycle</b>	TBD
9:00	<b>AquaFit-FF</b>	Kristen
9:00	<b>BodyPump</b>	Carolyn
9:15	<b>Yoga</b>	Kristen
10:00	<b>Sh'Bam</b>	Carolyn
12:00 pm	<b>Power Cycle Express</b> (45 min)	
1:00	<b>RockSteady \$\$</b>	Shelby
12:15	<b>Steadi Yourself - FF</b>	Rita
6:00	<b>Total Body Conditioning (30)</b>	Rita
6:30	<b>Les Mills Core (30 min)</b>	

## SATURDAY

8:00 am	<b>BodyPump</b>	Erin P
8:30	<b>Power Cycle</b>	Paul
9:45	<b>Intro to Power Cycle 11/11</b>	Paul
9:15	<b>Core &amp; More</b>	Jean
10:15	<b>BodyBalance</b>	Jean
10:30	<b>FF Cardio Dance Blast</b>	Kelly

## SUNDAY

9:15 am	<b>Zumba Toning/Zumba 30 minutes of each (Toning first). Come for one or both! Sign up for 9:15 either way!</b>	Lisa
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All classes that say Forever Fit or have FF beside them are specifically designed to promote healthy aging. .





## 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**