

## MONDAY

|        |                         |              |
|--------|-------------------------|--------------|
| 8:00am | <b>Power Cycle</b>      | <b>Beth</b>  |
| 8:00   | <b>BodyPump</b>         | <b>Mona</b>  |
| 9:00   | <b>BodyStep</b>         | <b>Mona</b>  |
| 9:00   | <b>AquaFit - FF</b>     | <b>Beth</b>  |
| 9:15   | <b>Gentle Yoga - FF</b> | <b>Kate</b>  |
| 10:30  | <b>Chair Yoga - FF</b>  | <b>Kate</b>  |
| 5:00pm | <b>BodyPump</b>         | <b>Mona</b>  |
| 6:00   | <b>BodyBalance</b>      | <b>Patty</b> |
| 6:00   | <b>Cardio Kickbox</b>   | <b>Linny</b> |
| 7:00   | <b>Karate \$\$</b>      | <b>Dein</b>  |

## TUESDAY

|        |                              |                 |
|--------|------------------------------|-----------------|
| 6:15am | <b>Yoga</b>                  | <b>Jen</b>      |
| 9:00   | <b>BodyBalance</b>           | <b>Kathleen</b> |
| 9:00   | <b>BodyPump</b>              | <b>Kristen</b>  |
| 10:00  | <b>Sh'Bam</b>                | <b>Kristen</b>  |
| 10:15  | <b>AquaFit (45 min) - FF</b> | <b>Kathleen</b> |
| 11:00  | <b>Mat Pilates</b>           | <b>Micaela</b>  |
| 11:00  | <b>Forever Fit</b>           | <b>Jodi</b>     |
| 5:00pm | <b>Barre Fusion</b>          | <b>Rita</b>     |
| 6:00   | <b>Power Cycle</b>           | <b>Rita</b>     |
| 6:00   | <b>AquaFit - FF</b>          | <b>Beth</b>     |
| 6:00   | <b>Yoga</b>                  | <b>John F.</b>  |

## WEDNESDAY

|        |                                |                |
|--------|--------------------------------|----------------|
| 8:30am | <b>Total Body Conditioning</b> | <b>Jen</b>     |
| 9:00   | <b>TRX \$\$</b>                | <b>Rita</b>    |
| 10:00  | <b>Steady Yourself - FF</b>    | <b>Rita</b>    |
| 10:00  | <b>Water Volleyball - FF</b>   |                |
| 11:00  | <b>AquaFit (45 min) - FF</b>   | <b>Rita</b>    |
| 4:30pm | <b>Tighten &amp; Tone</b>      | <b>Rita</b>    |
| 5:30   | <b>Mat Pilates</b>             | <b>Micaela</b> |
| 6:45   | <b>Total Body Conditioning</b> | <b>Michele</b> |

## 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!

# November

2023



Hunterdon Health

Hunterdon Health and Wellness Centers

## WHITEHOUSE 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 insure a class offering.**
- HHWC reserves the right to cancel classes on future schedules if class averages less than 4 participants.

### LEGEND:

**GREEN** – Atrium (1st floor)  
**RED** – Studio 1 (1st floor)  
**BLUE** – Power Cycle Studio (2nd floor)  
**PURPLE** – Pool  
**YELLOW** – Class / Schedule Change

537 Route 22 East  
 Whitehouse Station NJ  
 08889  
 908-534-7600

### Facility Hours:

Mon-Thurs: 6am-9pm  
 Fri: 6am-8pm  
 Sat: 7am-6pm  
 Sun: 8am-5pm

## THURSDAY

|         |                           |                |
|---------|---------------------------|----------------|
| 9:00am  | <b>Zumba</b>              | <b>Pam</b>     |
| 10:00   | <b>Mat Pilates</b>        | <b>Micaela</b> |
| 11:00   | <b>AquaFit - FF</b>       | <b>Kristen</b> |
| 11:15   | <b>Chair Yoga - FF</b>    | <b>Susan</b>   |
| 12:15pm | <b>Chair Fitness - FF</b> | <b>Susan</b>   |
| 5:30    | <b>Power Cycle</b>        | <b>Beth</b>    |
| 5:30    | <b>Cardio Kickbox</b>     | <b>Linny</b>   |
| 5:30    | <b>Yoga</b>               | <b>Micaela</b> |

## FRIDAY

|         |                                    |               |
|---------|------------------------------------|---------------|
| 8:00am  | <b>BodyPump</b>                    | <b>Mona</b>   |
| 9:00    | <b>BodyStep</b>                    | <b>Mona</b>   |
| 9:00    | <b>AquaFit - FF</b>                | <b>TBD</b>    |
| 10:00   | <b>Forever Fit Cardio (30 min)</b> | <b>Mona</b>   |
| 10:15   | <b>Water Volleyball - FF</b>       |               |
| 10:30   | <b>Chair Yoga - FF</b>             | <b>Shelby</b> |
| 4:45 pm | <b>BodyBalance</b>                 | <b>Diana</b>  |

## SATURDAY

|        |                                   |              |
|--------|-----------------------------------|--------------|
| 7:05am | <b>Adult Group Swim \$\$</b>      | <b>Rich</b>  |
| 7:15   | <b>Yoga</b>                       | <b>Sarah</b> |
| 8:15   | <b>Power Cycle</b>                | <b>Beth</b>  |
| 8:30   | <b>Zumba</b>                      | <b>Sarah</b> |
| 9:00   | <b>Adult Group Swim \$\$</b>      | <b>Rich</b>  |
| 9:30   | <b>Interval Training (45 min)</b> | <b>Sarah</b> |

## SUNDAY

|         |                                  |              |
|---------|----------------------------------|--------------|
| 8:30am  | <b>Intro to Power Cycle 11/5</b> | <b>Beth</b>  |
| 9:30    | <b>Boot Camp</b>                 | <b>Linny</b> |
| 9:30    | <b>Cardio Dance Blast</b>        | <b>Kelly</b> |
| 12:00pm | <b>Yoga</b>                      | <b>Ken</b>   |

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**