

MONDAY

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

TUESDAY

6:15 am	Yoga	Jen
9:00	BodyBalance	Kathleen
9:00	BodyPump	Kristen
10:00	Les Mills Dance/Sh'Bam	Kristen
10:15	AquaFit (45 min) - FF	Kathleen
11:00	Mat Pilates	Micaela
5:00 pm	Barre Fusion	Rita
6:00	Power Cycle	Rita
6:00	AquaFit - FF	Beth
6:00	Yoga	John F.

WEDNESDAY

8:30 am	Total Body Conditioning	Jen
9:00	Intro to TRX	Rita
10:00	Gentle Yoga - FF	Nicole
10:00	Steady Yourself - FF	Rita
10:00	Water Volleyball - FF	
11:00	Slow Barre	Nicole
11:00	AquaFit (45 min) - FF	Rita
4:30 pm	Tighten & Tone & TRX	Rita
5:30	Mat Pilates	Micaela
6:45	Total Body Conditioning	Michele

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!

April 2024



Hunterdon Health
Hunterdon Health and Wellness Centers

WHITEHOUSE GROUP FITNESS

Revised 4/1/2024



- 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** - Atrium (1st floor)
- RED** - Studio 1 (1st floor)
- BLUE** - Power Cycle Studio (2nd floor)
- BLACK** - Pilates 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

9:00 am	Zumba	Pam
10:00	Mat Pilates	Micaela
11:00	AquaFit - FF	Kristen
11:15	Chair Yoga - FF	Susan
12:15 pm	Chair Fitness - FF	Susan
5:30	Power Cycle	Beth
5:30	Yoga	Micaela
6:00	BodyCombat	Jill
6:45	Reformer Pilates \$\$	Micaela

FRIDAY

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

SATURDAY

7:15	Yoga	Sarah
8:15	Power Cycle	Beth
8:30	Zumba	Sarah
9:30	Interval Training (45 min)	Sarah

SUNDAY

8:30 am	Intro to Power Cycle 4/07	Beth
9:30	Zumba	Pam B.
10:30	Body Combat	Jill
10:45	Barre Fusion	Pam B.
12:00 pm	Yoga	Ken

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