

## MONDAY

|       |                              |        |        |
|-------|------------------------------|--------|--------|
| 6:15  | Power Cycle Express (45 min) | Deb    | Cycle  |
| 8:00  | Water Volleyball - FF        |        | Pool   |
| 9:00  | BodyPump                     | Kelly  | Stu. 1 |
| 9:00  | Gentle Yoga - FF             | Nicole | Stu. 3 |
| 10:00 | Mat Pilates                  | Rita   | Stu. 3 |
| 10:15 | Dance Fitness Cardio         | Kelly  | Stu. 1 |
| 11:15 | Chair Yoga - FF              | Nicole | Stu. 3 |
| 11:15 | Forever Fit Combo - FF       | Kelly  | Stu. 1 |
| 4:30  | BodyBalance                  | Jean   | Stu. 3 |
| 5:30  | Power Cycle                  | Paul   | Cycle  |
| 6:00  | BodyPump                     | Erin   | Stu. 1 |
| 6:30  | Yoga                         | Alycia | Stu. 3 |

## TUESDAY

|       |                         |         |        |
|-------|-------------------------|---------|--------|
| 6:15  | Peak Performance - \$\$ | Rich    | Pool   |
| 8:30  | Power Cycle             | Paul    | Cycle  |
| 9:00  | Total Body Conditioning | Michele | Stu. 1 |
| 10:00 | FMI - \$\$              | Eileen  | Pool   |
| 11:00 | AquaFit - FF            | Eileen  | Pool   |
| 5:30  | Shaolin Gong Fu - \$\$  | Dave    | Mtg Rm |
| 5:45  | Zumba                   | Leigh   | Stu. 1 |
| 6:00  | Yoga                    | Alycia  | Stu. 3 |
| 6:30  | TaiChi - \$\$           | Dave    | Mtg Rm |
| 6:45  | BodyCombat              | Morgan  | Stu. 1 |
| 7:30  | Endurance Swim - \$\$   | Rich    | Pool   |

## WEDNESDAY

|       |                         |       |        |
|-------|-------------------------|-------|--------|
| 6:30  | Total Body Conditioning | Linny | Stu. 1 |
| 8:00  | Water Volleyball - FF   |       | Pool   |
| 9:00  | AquaFit - FF            | Kathy | Pool   |
| 9:00  | BodyBalance             | Patty | Stu. 3 |
| 9:00  | BodyPump                | Mona  | Stu. 1 |
| 10:00 | BodyStep (30 min)       | Mona  | Stu. 1 |
| 10:30 | BodyBalance             | Patty | Stu. 3 |
| 10:45 | Forever Fit Combo       | Mona  | Stu. 1 |
| 5:15  | Zumba                   | Sarah | Stu. 1 |
| 5:30  | Power Cycle             | Paul  | Cycle  |
| 6:15  | BodyPump                | Erin  | Stu. 1 |



**Hunterdon Health**

Hunterdon Health and Wellness Centers

# CLINTON GROUP FITNESS May 2025

All classes on this schedule are included in our membership unless a \$\$ is following the class title. Please visit or call the front desk to sign up for any specialty classes.

All classes are 55 minutes unless otherwise specified.

**Highlighted** classes indicate a change in time, a different instructor or addition of a new class.

Scheduled classes are subject to change. HHWC reserves the right to cancel future classes.

Member portal app is available to download on your Smartphone device!

1738 Route 31 North, Clinton, NJ 08809  
908.735.6884  
Monday – Thursday: 6am – 9pm  
Friday: 6am – 8pm  
Saturday: 7am – 6pm  
Sunday: 8am – 5pm

ASK ABOUT OUR  
MEMBER REFERRAL REWARDS!

## THURSDAY

|       |                          |        |        |
|-------|--------------------------|--------|--------|
| 6:15  | Peak Performance - \$\$  | Rich   | Pool   |
| 6:30  | Boot Camp (45 min)       | Mona   | Stu. 1 |
| 9:00  | Boot Camp                | Mona   | Stu. 1 |
| 9:00  | Mat Pilates Fusion       | Nicole | Stu. 3 |
| 10:00 | Gentle Yoga - FF         | Nicole | Stu. 3 |
| 10:00 | Dance Fitness Cardio- FF | Kelly  | Stu. 1 |
| 10:00 | FMI - \$\$               | Kathy  | Pool   |
| 11:00 | Body Pump                | Kelly  | Stu. 1 |
| 11:00 | AquaFit – FF             | Kathy  | Pool   |
| 11:00 | Chair Yoga – FF          | Nicole | Stu. 3 |
| 12:00 | Water Volleyball - FF    |        | Pool   |
| 12:00 | Chair Fitness – FF       | Nicole | Stu. 3 |
| 6:00  | BodyCombat               | Jean   | Stu. 1 |

## FRIDAY

|       |                              |         |        |
|-------|------------------------------|---------|--------|
| 6:15  | Power Cycle Express (45 min) | Deb     | Cycle  |
| 8:00  | Water Volleyball - FF        |         | 8:00   |
| 8:30  | Power Cycle                  | Paul    | Cycle  |
| 9:00  | AquaFit – FF                 | Michele | Pool   |
| 9:00  | Yoga                         | Jen/Pam | Stu. 3 |
| 9:00  | BodyPump                     | Kristen | Stu. 1 |
| 10:15 | LesMills Dance/Sh'Bam        | Kristen | Stu. 1 |
| 10:30 | Chair Yoga                   | Susan   | Stu. 3 |
| 1:00  | Power Cycle Express (45 min) | Jen     | Cycle  |
| 6:00  | BodyPump                     | Rita    | Stu. 1 |

## SATURDAY

|       |                      |        |        |
|-------|----------------------|--------|--------|
| 8:00  | BodyPump             | Erin   | Stu. 1 |
| 8:00  | Yoga                 | Alycia | Stu. 3 |
| 8:30  | Power Cycle          | Deb    | Cycle  |
| 9:15  | Core & More          | Jean   | Stu. 1 |
| 10:15 | BodyBalance          | Jean   | Stu. 3 |
| 10:30 | Dance Fitness Cardio | Kelly  | Stu. 1 |

## SUNDAY

|      |                      |       |        |
|------|----------------------|-------|--------|
| 8:00 | Boot Camp            | Linny | Stu. 1 |
| 9:15 | Zumba Toning / Zumba | Lisa  | Stu. 1 |
| 9:30 | BodyBalance          | Leigh | Online |