

MONDAY

6:15	Power Cycle Express (45 min)	Deb	Cycle
8:00	Mat Pilates Fusion	Nicole	Stu. 3
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
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
10:00	Total Body Conditioning	Michele	Stu. 1
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	Endurance Swim – \$\$	Rich	Pool
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 July 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
8:00	Gentle Yoga – FF	Nicole	Stu. 3
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

FRIDAY

6:15	Power Cycle Express (45 min)	Deb	Cycle
8:00	Water Volleyball - FF		Pool
8:30	Power Cycle	Paul	Cycle
9:00	Body Pump	Kristen	Stu. 1
9:00	AquaFit – FF	Michele	Pool
9:00	Yoga	Jen/Pam	Stu. 3
10:15	Les Mills Dance	Kristen	Stu. 1
10:15	TRX Combo	Michele	PT
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	Chair Yoga (45 mins)	Kate	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