

MONDAY

8:00	Power Cycle	Beth	Cycle
8:00	Body Pump	Mona	Stu. 1
8:00	Studio Pilates – \$\$	Megan	Pilates
9:00	BodyStep	Mona	Stu. 1
9:00	AquaFit – FF	Beth	Pool
9:15	Gentle Yoga – FF	Jen	Atrium
5:00	BodyPump	Mona	Stu. 1
6:00	BodyBalance	Patty	Atrium
6:00	Cardio Kickbox	Linny	Stu. 1
7:00	Karate – \$\$	Dein	Atrium

TUESDAY

6:15	Yoga	Jen	Atrium
9:00	BodyBalance	Kathleen	Atrium
9:00	BodyPump	Rita	Stu. 1
10:15	LM Core (30 mins) Starts 7/8	Rita	Stu. 1
10:15	AquaFit (45 min) – FF	Kathleen	Pool
6:00	AquaFit – FF	Beth	Pool
6:00	Yoga	John	Atrium

WEDNESDAY

8:30	Total Body Conditioning	Jen	Stu. 1
8:00	Studio Pilates – \$\$	Megan	Pilates
9:00	TRX	Rita	Atrium
10:00	Gentle Yoga – FF	Nicole	Atrium
10:00	Steady Yourself – FF	Rita	Stu. 1
10:00	Water Volleyball – FF		Pool
11:00	Slow Barre	Nicole	Atrium
4:30	Body Pump	Rita	Stu. 1
5:30	Mat Pilates	Rita	Atrium
6:45	Zumba	Sarah	Atrium
6:30	Total Body Conditioning	Michele	Stu. 1



Hunterdon Health

Hunterdon Health and Wellness Centers

WHITEHOUSE GROUP FITNESS September

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!

537 Route 22 East, Whitehouse Station, NJ 08889

908.534.7600

Monday – Thursday: 6am – 9pm

Friday: 6am – 8pm

Saturday: 7am – 6pm

Sunday: 8am – 5pm

THURSDAY

9:00	Zumba	Pam	Stu. 1
11:15	Chair Yoga – FF	Susan	Atrium
12:15	Chair Fitness – FF	Susan	Atrium
5:30	Power Cycle	Beth	Cycle
6:00	BodyCombat	Jill	Stu. 1

FRIDAY

8:00	BodyPump	Mona	Stu. 1
9:00	Mat Pilates	Nicole	Atrium
9:00	BodyStep	Mona	Stu. 1
10:00	Chair Yoga – FF	Nicole	Atrium
10:00	Forever Fit Cardio (45 min)	Mona	Stu. 1
10:15	Water Volleyball – FF		Pool
11:00	Mat Pilates Fusion	Nicole	Atrium

SATURDAY

7:15	Yoga	Sarah	Atrium
8:15	Power Cycle	Beth	Cycle
8:30	Zumba	Sarah	Stu. 1
9:30	Interval Training (45 min)	Sarah	Stu. 1

SUNDAY

9:30	Zumba	Pam B.	Stu. 1
10:30	Body Combat	Jill	Stu. 1
10:45	Barre Fusion	Pam B.	Atrium
12:00	Yoga	Rotation	Atrium

MEMBER REFERRAL REWARDS!

Referring a friend or family member to join the Wellness Center will provide you with the choice of 2 free guest passes or \$20 on your club account!