

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

8:00	Power Cycle	Nikki	Cycle
8:00	Studio Pilates – \$\$	Megan	Pilates
8:30	Total Body Conditioning	Jen	Stu. 1
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 October

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

6:15	Power Cycle (starts 10/24)	Rich	Cycle
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

10:30	Body Combat	Jill	Stu. 1
10:45	Barre Fusion	Pam B.	Atrium
12:00	Yoga	John	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!