

MONDAY

6:15 Power Cycle	Rich	Cycle
8:00 Mat Pilates Fusion	Nicole	Stu. 3
8:00 Water Volleyball – FF		Pool
9:00 BodyPump	Kelly Ni	Stu. 1
9:00 Gentle Yoga – FF	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 Endurance Swim – \$\$	Rich	Pool
9:00 Total Body Conditioning	Michele	Stu.1
10:00 FMI – \$\$	Eileen	Pool
10:00 Total Body Conditioning	Michele	Stu. 1
10:30 Chair Yoga (Ends 1/6)	Susan	Stu. 3
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 – \$\$ 7:30	Dave	Mtg Rm
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 January 2026

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!

1/1/26

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

6:30 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
6:00 Core & More	Jean	Stu. 1

FRIDAY

7:00 Body Pump	Nikki	Stu. 1
7:00 BodyPump Heavy (starts 1/23)	Nikki	Stu. 1
8:00 Water Volleyball - FF		Pool
8:00 BodyPump (45 min)	Nikki	Stu. 1
8:30 Power Cycle	Paul	Cycle
9:00 AquaFit – FF	Michele	Pool
9:00 Yoga	Sophia	Stu. 3
10:15 TRX Combo	Michele	PT
1:00 Power Cycle Express (45 min)	Jen	Cycle
6:00 BodyPump	Rita	Stu. 1
6:00 BodyPump Heavy (starts 1/23)	Rita	Stu. 1

SATURDAY

8:00 BodyPump	Erin	Stu. 1
8:00 BodyPump Heavy (1/17)	Team	Stu. 1
8:00 Yoga	Alycia	Stu. 3
8:30 Power Cycle	Rich	Cycle
9:15 Core & More	Jean	Stu. 1
9:15 Yoga (45 mins)	Kate	Stu. 3
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