

## 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  |
| 5:30 | Power Cycle           | Jill  | Cycle   |
| 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)     | 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 | Splash Dance            | Cindy  | Pool    |
| 10:00 | Gentle Yoga – FF        | Nicole | Atrium  |
| 10:00 | Steady Yourself – FF    | Rita   | Stu. 1  |
| 11:00 | Slow Barre              | Nicole | Atrium  |
| 4:30  | Body Pump Heavy         | Rita   | Stu. 1  |
| 5:30  | Mat Pilates             | Rita   | Atrium  |
| 6:30  | Zumba                   | Sarah  | Stu. 1  |



**Hunterdon Health**

Hunterdon Health and Wellness Centers

# WHITEHOUSE

## GROUP FITNESS

# August

## 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!

7/1/26

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  | Boot Camp   | Michele | Stu. 1 |
| 9:00  | Yoga        | Greer   | Atrium |
| 10:15 | TRX Combo   | Michele | Atrium |
| 5:30  | Power Cycle | Beth    | Cycle  |

## FRIDAY

|       |                             |        |        |
|-------|-----------------------------|--------|--------|
| 6:15  | Power Cycle                 | 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 |

## SATURDAY

|       |                            |        |        |
|-------|----------------------------|--------|--------|
| 7:15  | Yoga                       | Sarah  | Atrium |
| 8:15  | Power Cycle                | Beth   | Cycle  |
| 8:30  | Zumba                      | Sarah  | Stu. 1 |
| 9:30  | Slow Barre                 | Nicole | Atrium |
| 9:30  | Interval Training (45 min) | Sarah  | Stu. 1 |
| 10:00 | Aqua Fit - FF              | Traci  | Pool   |

## SUNDAY

|       |              |     |        |
|-------|--------------|-----|--------|
| 10:45 | Barre Fusion | Pam | Atrium |
| 12:00 | Yoga         | Ken | 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!