Hunterdon Health

Hunterdon Health and Wellness Centers

CLINTON

Group Fitness

November

2026

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	Stu. 1
9:00	Gentle Yoga – FF	Nicole	Stu. 3
10:00	Mat Pilates	Rita	Stu. 3
10:15	Forever Fit Combo– FF	Kelly	Stu. 1
11:15	Chair Yoga – FF	Nicole	Stu. 3
11:30	Dance Fitness Cardio (45 min)	Kelly	Stu. 1
12:30	Line Dancing	Kelly	Stu. 1
5:30	Power Cycle	Paul	Cycle
6:00	BodyPump	Erin	Stu. 1
6:30	Yoga	Alycia	Stu. 3

TUESDAY

6:15	Endurance Swim – $$	Rich	Pool
8:00	Body Pump	Maggie	Stu. 1
9:00	Power Cycle Express (45 min)	Jen	PC
9:00	Total Body Conditioning	Michele	Stu.1
10:00	Yoga	Jen	Stu. 3
10:00	FMI – $$	Eileen	Pool
10:00	Total Body Conditioning	Michele	Stu. 1
11:00	AquaFit – FF	Eileen	Pool
11:15	Chair Fitness – FF	Susan	Stu. 3
12:30	Line Dancing	Susan	Stu. 3
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 – $$	Dave	Mtg Rm
7:30	Endurance Swim – $$	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 – FF	Mona	Stu. 1
5:00	Zumba	Pam	Stu. 1
5:30	Power Cycle	Paul	Cycle
6:00	BodyPump	Erin	Stu. 1

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!

11/1/26

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

6:15	WalkFit (45 min)	Linny	Track
9:00	Bootcamp	Mona	Stu. 1
9:00	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
12:00	Water Volleyball – FF		Pool
6:00	Body Combat	Jill	Stu. 1

FRIDAY

7:00	BodyPump Heavy	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	Pam	Stu. 3
10:15	TRX Combo	Michele	PT
11:30	Meditation (11/6/26)	Kathy	Stu. 3
6:00	BodyPump Heavy	Rita	Stu. 1

SATURDAY

8:00	Yoga	Alycia	Stu. 3
8:30	Power Cycle	Deb	Cycle
9:00	Body Pump	Erin	Stu. 1
9:15	Yoga (45 mins)	Kate	Stu. 3
10:15	Core & More (30 min)	Deb	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
10:30	Body Combat	Jill	Stu. 1