Hunterdon Health

Hunterdon Health and Wellness Centers

WHITEHOUSE

Group Fitness

November

2026

MONDAY

8:00	Power Cycle	Nikki	Cycle
8:00	Body Pump	Mona	Stu. 1
8:00	Studio Pilates – $$	Megan	Pilates
9:00	BodyStep	Mona	Stu. 1
9:15	Gentle Yoga – FF	Jen	Atrium
5:00	BodyPump	Mona	Stu. 1
6:00	BodyBalance	Patty	Atrium
6:00	Cardio Box & Burn	Linny	Stu.1
7:00	Karate – $$	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
5:30	Power Cycle	Jill	Cycle
6:00	AquaFit – FF	Traci	Pool
6:00	Yoga	John	Atrium

WEDNESDAY

8:00	Power Cycle	Nikki	Cycle
8:00	Studio Pilates – $$	Megan	Pilates
8:30	Total Body Conditioning	Jen	Stu. 1
9:00	Studio Pilates – $$	Megan	Pilates
9:00	TRX	Rita	Atrium
10:00	Splash Dance – FF	Cindy	Pool
10:00	Gentle Yoga – FF	Nicole	Atrium
10:00	Steadi Yourself – FF	Rita	Stu. 1
11:00	Slow Barre – FF	Nicole	Atrium
4:30	Body Pump Heavy	Rita	Stu. 1
5:30	Mat Pilates	Rita	Atrium
6:30	Line Dancing	Nikki	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

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
11:30	Chair Yoga – FF	Susan	Atrium
12:30	Chair Fitness	Susan	Atrium
5:30	Power Cycle	Traci	PC

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	Greer	Atrium
8:00	Power Cycle (45 min)	Traci	Cycle
9:00	AquaFit – FF	Traci	Pool
9:30	Interval Training	Linny	Stu. 1
10:30	Line Dancing	Traci	Atrium

SUNDAY

10:00	AquaFit – FF	Traci	Pool
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!