



CLINTON Group Fitness

March 2019



- All land classes are 55 minutes unless otherwise specified.
- All aquatic classes are 55 minutes unless otherwise specified.
- Instructors listed are regularly scheduled
- Schedule content may change without notice, however every attempt will be made to insure a class offering.
- HHWC reserves the right to cancel classes on future schedules if class averages less than 5 participants.

LEGEND:

BLACK - Power Cycle Studio

RED - Studio #1

BLUE - Studio #3

YELLOW - Class / Schedule Change

Aquatic Classes / Pool Schedule - See Reverse Side.

1738 Route 31 North

Clinton, NJ 08809

908.735.6884

Facility Hours:

Mon-Thurs: 5am-10pm Fri: 5am-9pm

Sat: 7am-6pm Sun: 8am-5pm

All classes on this schedule are included in our membership.

MONDAY

| | | |
|--------|--------------------|---------|
| 6:00am | BodyPump | Tracy |
| 9:00 | BodyCombat | Kristen |
| 9:00 | Pound | Rita |
| 10:00 | BodyPump | Kristen |
| 11:15 | Sr Cardio/Strength | Karen |
| 4:00 | Power Cycle | Paul |
| 4:30pm | Pilates | Susan S |
| 5:30 | Power Cycle | Carolyn |
| 6:00 | BodyStep | Maria |
| 6:00 | BodyFlow | Jean |
| 7:00 | BodyPump | Maria |
| 7:00 | Yoga | Carolyn |

TUESDAY

| | | |
|--------|--------------------|----------|
| 6:00am | Power Cycle | Paul |
| 8:45 | Power Cycle | Paul |
| 9:00 | BodyStep | Rita |
| 9:00 | Pilates | Susan S |
| 10:00 | BodyFlow | Mona |
| 10:00 | CXWorx | Rita |
| 11:00 | Zumba Gold | Susan J |
| 12:00 | BodyPump | Kristen |
| 12:00 | Chair Yoga | Rachel |
| 4:30pm | BodyFlow | Kathleen |
| 6:00 | Power Cycle | Diana |
| 6:00 | Zumba Toning/Zumba | Lisa |
| 7:00 | Yoga | Kate |
| 7:00 | Body Combat | Kristen |

WEDNESDAY

| | | |
|--------|----------------------|------------|
| 6:00am | Morning Mashup | Tracy |
| 9:00 | Power Cycle | Susan |
| 9:00 | BodyPump | Mona |
| 10:00 | BodyStep | Mona ½ hr |
| 10:15 | Yoga | Carolyn |
| 10:30 | Senior Fitness | Mona |
| 11:30 | Balance | Karen ½ hr |
| 4:30 | Beginner Yoga | Carolyn |
| 5:30 | Power Cycle | Mary Ann |
| 5:00 | CXWorx | Maria ½ hr |
| 5:30 | BodyCombat | Jean |
| 6:30 | BodyPump | Jean |
| 7:00 | Beginner Power Cycle | Paul |

THURSDAY

| | | |
|--------|------------------|--------------|
| 9:00 | BodyStep | Mona |
| 9:00 | Pilates | Shelby |
| 10:00 | BodyFlow | Jean |
| 10:00 | Boot Camp | Susan S |
| 11:00 | Senior Fitness | Susan J |
| 12:00 | Sr. Yoga/Balance | Rachel |
| 5:00pm | Yoga | Carolyn |
| 6:00 | Zumba | Leigh |
| 6:30 | Power Cycle | Carolyn |
| 7:00 | BodyFlow | Leigh |
| 7:00 | Sweat Garage | Tracy/Andrew |

FRIDAY

| | | |
|--------|----------------|-----------|
| 6:00am | BodyPump | Tracy |
| 9:00 | Power Cycle | Paul |
| 9:00 | No Bar Barre | Shelby |
| 9:00 | BodyCombat | Jean |
| 10:00 | BodyPump | Jean |
| 10:05 | Yoga | Kate |
| 11:15 | Senior Fitness | Eliana |
| 5:00pm | Pound | Rita |
| 5:30 | Power Cycle | Carolyn |
| 6:00 | BodyStep | Rita |
| 7:00 | CXWorks | Rita ½ hr |

SATURDAY

| | | |
|--------|--------------------|----------|
| 7:05am | Yoga | Shirley |
| 8:00 | Power Cycle | Mary Ann |
| 8:15 | Zumba Toning/Zumba | Lisa |
| 8:30 | BodyCombat | Jean |
| 9:30 | BodyPump | Erin P |
| 9:30 | BodyFlow | Jean |

SUNDAY

| | | |
|--------|-----------------------|--------|
| 8:05am | Power Cycle | Diana |
| 9:00 | Power Cycle | Diana |
| 9:30 | Zumba | Leigh |
| 10:30 | Intro to Cycle on 3/3 | Paul |
| 10:30 | BodyCombat | Erin E |
| 10:30 | BodyFlow | Diana |

Revised 2/20/2019