

MONDAY		
6:00am	BodyPump	Tracy
9:00	Power Cycle	Kim
9:00	BodyCombat	LJ
9:00	Pound	Rita 45 min
10:00	BodyPump	LJ
11:15	Sr Cardio/Str	Karen
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	Kim
8:45	Power Cycle	Jen
9:00	BodyStep	Rita
9:00	Pilates	Megan
10:00	BodyFlow	LJ
10:00	CXWorx	Rita
11:00	Zumba Gold	Susan J
12:00	BodyPump	Kristen
12:00	Chair Yoga	Rachel
4:30pm	BodyFlow	Kathleen
5:30	Power Cycle	Diana
6:00	Zumba Toning/Zumba	Lisa
7:00	Yoga	Kate

WEDNESDAY		
6:00am	BodyCombat	LJ
8:25	CXWorx	LJ
9:00	Power Cycle	Rachel
9:00	BodyPump	Mona
9:00	BodyFlow	LJ
10:00	BodyStep	Mona 1/2 hr
10:15	Yoga	Carolyn
10:30	Senior Fitness	Mona
11:30	Balance	Karen 1/2 hr
4:30	Beginner Yoga	Carolyn
5:30	Power Cycle	Mary Ann
5:00	CXWorx	Maria 1/2 hr
5:30	BodyCombat	Jean
6:30	BodyPump	Jean
6:45	Beginner Power Cycle	Paul



**Hunterdon Healthcare**  
Your full circle of care.  
Hunterdon Health & Wellness Centers  
of Clinton and Whitehouse Station

# CLINTON

## Group Fitness

### March 2018



- 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.

THURSDAY		
6:00am	Boot Camp	Justine
9:00	BodyStep	Mona
9:00	Pilates	Shelby
10:00	BodyFlow	Jean
10:00	Bosu/Strength	Kim
11:00	Senior Fitness	Kim
12:00	Sr. Yoga/Balance	Rachel
5:00pm	Yoga	Carolyn
6:00	Zumba	Leigh
6:05	No Bar Barre	Shelby
6:30	Power Cycle	Carolyn
7:00	BodyFlow	Leigh

FRIDAY		
6:00am	BodyPump	Tracy
9:00	Power Cycle	LJ
9:00	No Bar Barre	Shelby
9:00	BodyCombat	Jean
10:00	BodyPump	Jean
10:05	Yoga	Kate
11:15	Senior Fitness	Shelby
5:00pm	Pound	Rita 45 min
5:30	Power Cycle	Carolyn
6:00	BodyStep	Rita
7:00	CXWorks	Rita 1/2 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	LJ
9:30	BodyFlow	Jean
10:30	BodyAttack	LJ

SUNDAY		
9:00am	Power Cycle	Diana
9:30	Zumba	Leigh
10:30	Intro to Cycle - 1 <sup>st</sup> Sun of every mo.	
10:30	BodyCombat	Erin
10:30	BodyFlow	Diana