



Hunterdon Healthcare

Your full circle of care.

Hunterdon Health & Wellness Centers
of Clinton and Whitehouse Station

CLINTON Group Fitness

October 2017



Power Cycle

- 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	Power Cycle	Kim
9:00	BodyCombat	LJ
9:00	Pound	Rita
10:00	BodyPump	LJ
11:15	Sr Cardio/Str	Karen
4:30pm	Pilates	Shelby
5:30	Power Cycle	Carolyn
6:00	BodyStep	Maria
6:00	BodyFlow	Jean
7:00	BodyPump	Maria
7:00	Yoga	Carolyn
7:00	Power Cycle	Rachel

TUESDAY

6:00am	Power Cycle	Kim
8:45	Power Cycle	Jen
9:00	BodyStep	Maria
9:00	Pilates	Megan
10:00	BodyFlow	LJ
10:00	CXWorx	Maria
11:00	Zumba Gold	Susan
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	CXWorks/Attack	LJ
9:00	Power Cycle	Rachel
9:00	BodyPump	Mona
9:00	BodyFlow	LJ
10:00	BodyStep	Mona ½ hr
10:15	Yoga	Carolyn
10:30	Senior Fitness	Mona
11:30	Balance	Karen ½ hr
1:00pm	Chair Yoga	Elaine
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

THURSDAY

9:00	BodyStep	Mona
9:00	Pilates	Shelby
10:00	BodyFlow	Jean
10:00	Bosu/Strength	Kim
11:00	Adv. Senior	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	BodyCombat	LJ
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	Zumba	Lucy
5:00pm	Pound	Rita 45 min
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
8:30	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	BodyCombat	Erin
10:30	BodyFlow	Diana

Revised 9/25/2017