

# March 2019

## MONDAY

6:05am	<b>Power Cycle</b>	Jen
8:30	<b>BodyPump</b>	Mona
9:15	<b>Sr. Yoga</b>	Shirley
9:30	<b>BodyStep</b>	Mona
10:15	<b>Chair Yoga</b>	Shirley
10:30	<b>Circuit Training</b>	Mona
11:30	<b>BodyFlow</b>	Kathleen
5:00pm	<b>BodyPump</b>	Mona
6:00	<b>BodyFlow</b>	Mona
7:00	<b>Strong 30</b>	Rita
7:30	<b>CXWorx</b>	Rita
7:00	<b>Power Cycle</b>	Paul

## TUESDAY

6:05am	<b>Strength</b>	Jen
8:00	<b>Power Cycle</b>	Mary Ann
9:00	<b>Sh'Bam</b>	Maria
10:00	<b>CXWorks</b>	Maria
10:30	<b>Senior Fitness</b>	Maria
12:10	<b>Yoga</b>	Shelby
4:30pm	<b>Yoga</b>	Jen
5:30	<b>BodyCombat</b>	Tracy
6:30	<b>BodyPump</b>	Tracy
6:00	<b>Beginner Power Cycle</b>	Beth

## WEDNESDAY

6:05am	<b>Yoga</b>	Jen
8:30	<b>Strength</b>	Jen
9:30	<b>BodyStep</b>	Rita
10:30	<b>Sr. Balance</b>	Rita
12:00	<b>BodyFlow</b>	Mona
4:30	<b>Sweat Garage</b>	Tracy
6:00	<b>BodyFlow</b>	Leigh
6:30	<b>Zumba</b>	Sarah



Hunterdon Health & Wellness Centers  
of Clinton and Whitehouse Station

# WHITEHOUSE

## Group Fitness

Revised 2/20/2019



537 Route 22 East  
Whitehouse Station, NJ 08889  
908.534.7600

### Facility Hours:

Mon-Thurs: 6am-10pm    Fri: 6am-9pm  
Sat: 7am-6pm    Sun: 8am-5pm

▪ 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 class offering.

• HHWC reserves the right to cancel classes on future schedules if class averages less than 5 participants.

Aquatics classes are on the pool schedule on reverse side.

All classes on this schedule are included in our membership.

## THURSDAY

6:05am	<b>Power Cycle</b>	Jen
8:30	<b>CXWorks</b>	Maria 1/2 hr
9:00	<b>SH'BAM</b>	Kristen 45 min
10:00	<b>Body Pump</b>	Kristen
10:00	<b>Pilates/Yoga</b>	Shirley
11:00	<b>Yoga</b>	Shirley
4:30pm	<b>Barre Class</b>	Shelby
5:30	<b>BodyCombat</b>	Tracy
5:30	<b>Power Cycle</b>	Mary Ann
6:30	<b>Yoga</b>	Kate
6:30	<b>Pound</b>	Kara

## FRIDAY

8:30	<b>Power Cycle</b>	Jen
8:30	<b>BodyPump</b>	Mona
9:30	<b>Barre Class</b>	Shirley
9:30	<b>BodyStep</b>	Mona
10:30	<b>Chair Yoga</b>	Shirley
10:30	<b>Sr. Fitness</b>	Mona 1/2 hr
11:00	<b>Sr. Adv. Balance</b>	Rita
4:30pm	<b>Sweat Garage</b>	Tracy/Andrew
5:30	<b>BodyFlow</b>	Diana

## SATURDAY

7:05am	<b>Yoga</b>	Jen
8:15	<b>Power Cycle</b>	Jen
8:15	<b>BodyPump</b>	Tracy
9:30	<b>BodyCombat</b>	Tracy
9:30	<b>Power Cycle</b>	Beth
9:30	<b>Zumba</b>	Kelly

## SUNDAY

8:15am	<b>Power Cycle</b>	Rita
8:30	<b>Step/Pump</b>	Maria/Kim 1 1/2 hr
9:45	<b>Intro to Cycle on 3/3</b>	Beth
10:00	<b>CXWorks</b>	Maria/Rita 1/2 hr
10:45	<b>SH'BAM</b>	Rita
12:00	<b>Yoga</b>	Ken

### LEGEND:

BLACK- Power Cycle Studio (2<sup>nd</sup> Floor)  
RED- Studio 1 (1<sup>st</sup> Floor)  
BLUE- Atrium (1<sup>st</sup> Floor)  
YELLOW - Class / Schedule Change