

October 2018

MONDAY

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

TUESDAY

6:05am	Strength	Jen
8:00	Power Cycle	Mary Ann
9:00	Sh'Bam	Maria
10:00	CXWorks	Maria
10:30	Senior Fitness	Maria
12:00	Yoga	Kate
**changing to 12:10 on 10/9		
4:30pm	Yoga	Jen
5:30	BodyCombat	Tracy
6:30	BodyPump	Tracy
6:30	Beginner Power Cycle	Paul

WEDNESDAY

6:05am	Yoga	Jen
7:30	Power Cycle	Paul
8:30	Strength	Jen
9:30	BodyStep	Kim
10:30	Sr. Balance	Kim
12:00	BodyFlow	Mona
4:30	Sweat Garage	Tracy
6:00	BodyFlow	Diana/Leigh
6:30	BodyStep	Rita
7:30	CXWorks	Rita 1/2 hr



Hunterdon Healthcare
Your full circle of care.

Hunterdon Health & Wellness Centers
of Clinton and Whitehouse Station

WHITEHOUSE

Group Fitness

Revised 10/1/2018



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	Power Cycle	Jen
8:30	CXWorks	Maria 1/2 hr
9:00	SH'BAM	Maria 45 min
9:50	Body Pump	Kristen
10:00	Pilates/Yoga	Shirley
11:00	Yoga	Shirley
4:30pm	Barre Class	Shelby
5:30	BodyCombat	Tracy
5:30	Power Cycle	Mary Ann
6:30	Yoga	Kate
7:30	Pound	Kara

FRIDAY

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

SATURDAY

7:05am	Yoga	Jen
8:15	Power Cycle	Jen
8:15	BodyPump	Tracy
9:30	BodyCombat	Tracy
9:30	Power Cycle	Beth
10:30	Zumba	Kelly

SUNDAY

8:15am	Power Cycle	Rita
8:30	Step/Pump	Maria/Kim 1 1/2 hr
9:45	Intro to Cycle on 10/7	Beth
10:00	CXWorks	Maria/Rita 1/2 hr
10:45	SH'BAM	Rita
12:00	Yoga	Ken

LEGEND:

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