

Specialty Class Schedule-May 2018



Hunterdon Healthcare
Health and Wellness Centers
of Clinton and Whitehouse Station

Hunterdon Health & Wellness Center

CLINTON

www.hunterdonhealthcare.org

1738 Route 31 North - Clinton, NJ 08809 - (908) 735.6884

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Multi-Level Yoga 10:00 - 11:30 am John Studio #3	Functional Movement Improvement 9:00 - 10:00 am 10:00-11:00 am Karen	TRX 6:00 -7:00 am Tracy Personal Training Studio		Master Swim 5:30-6:30am Megan Pool	
All classes on this calendar are run on a monthly basis except where noted.	Flower Arranging Monday, May 7th 11am-12pm Meeting Room	Qigong For Health 10:30—11:30 am David Meeting Room		Functional Movement Improvement 9:00 -10:00 am 10:00—11:00 am Kathy		
Belly Dance Workshop Sunday, May 6th 1:00-2:30pm Studio 3		Meditation and Mindfulness 6:00-6:55pm Kathy Studio 3	TRX 5:45-6:45 pm Maria Personal Training Studio			
		Tai Chi Qigong 6:00 - 7:30 pm David Meeting Room	TRX 7:00—8:00pm Maria Personal Training Studio			
		Shaolin Gong Fu 7:35 - 8:35 pm David Meeting Room				
						Revised: 4/26/2018