

Specialty Class Schedule-July 2018

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	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.		FMI 9:00 - 10:00 am 10:00-11:00 am Karen Therapy Pool	Intro to Book Publishing Wed, July 11, 18, 25 10:00-12:00 Meeting Room	FMI 9:00 -10:00am 10:00—11:00 am Kathy Therapy Pool			
		Qigong For Health 10:30—11:30 am David Meeting Room	TRX 5:45-6:45 pm Maria Personal Training Studio				
		Meditation and Mindfulness 6:00-6:45pm Kathy Studio 3	TRX 7:00—8:00pm Maria Personal Training Studio	Summer Essential Oils Thurs 7/26, 6-7pm Fun to Create Meeting Room			
		Tai Chi Qigong 6:00 - 7:30 pm David Meeting Room					
		Shaolin Gong Fu 7:35 - 8:35 pm David Meeting Room					
							Revised: 6/26/2018

Multi Level Yoga—5 weeks—\$61 for members, drop-ins \$15. \$83 for non-members, \$20 for drop-ins.

FMI—Functional Movement Improvement—\$36 for members, \$6 drop in. \$43 for non-members, drop-ins \$8.

TRX—Wed classes -3 weeks (no class July 4th) \$32 for members, drop-ins \$12. \$46 for non-members, drop-ins \$15.

Tuesday class—5 weeks-\$54 for members, drop-ins \$12. \$77 for non-members, drop-ins \$15.

Master Swim—\$30 for members, drop-ins \$15. \$45 for non-members, drop-ins \$20.

QiGong, Tai Chi & Shaolin Gong Fu—3 weeks (no classes 7/3 or 7/24) \$32 for members, drop-ins \$15.

\$46 for non-members, drop-ins \$20.

Meditation and Mindfulness—4 weeks (no class on 7/3) \$43 for members, drop-ins \$15. \$61 for non-members, drop-ins \$20.

Intro to Book Publishing—3 week workshop. \$100 for members, \$120 for non-members.

Summer Essential Oils with Fun to Create—\$30 for members, \$35 for non-members



Hunterdon Healthcare
Health and Wellness Centers
of Clinton and Whitehouse Station