

Specialty Class Schedule-Aug 2017



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
		Functional Movement Improvement 9:00 - 10:00 a.m. 10:00-11:00 a.m.	TRX 6:00 –7:00 a.m. 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.		Qigong For Health 10:30—11:30 a.m. David Meeting Room	Stroller Circuit 1:00-1:55pm Meeting Room Register at favoredlife.com August 9-30th	Functional Movement Improvement 9:00 –10:00 a.m. 10:00—11:00 a.m. Eileen		Baby Boot Camp 8:00-8:45am Studio 3 Register at Favoredlife.com July 15-Sept 2
	Multi-Level Yoga 10:00 - 11:30 a.m. John Studio #3	Meditation and Mindfulness 6:00-6:55pm Kathy Studio 3	TRX 5:45-6:45 p.m. Maria Personal Training Studio	TRX Intervals 9:00-10:00 a.m. Jean Personal Training Studio *no class 8/10		
	Hug A Tree Yoga For kids age 3-10 6:00-6:55pm Millie Meeting Room Mon, August 7th only	Tai ChiQigong 6:00 - 7:30 p.m. David Meeting Room	Zumba - For families 6:00-6:55pm Studio 3 Register at Favoredlife.com August 9-30th			
		Master Swim 7:00-8:00pm Eileen Pool	TRX 7:00—8:00p.m. Maria Personal Training Studio			
		ShaolinGong Fu 7:35 - 8:35 p.m. David Meeting Room	Intro to Meditation & Mindfulness Wed, Aug 2nd 7:15-8:15 pm John H			Revised: 7/10/2017