

# Specialty Class Schedule-Oct 2017



Hunterdon Health & Wellness Center

**CLINTON**

[www.hunterdonhealthcare.org](http://www.hunterdonhealthcare.org)

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Multi-Level Yoga</b> 10:00 - 11:30 am John Studio #3	<b>Functional Movement Improvement</b> 9:00 - 10:00 am 10:00-11:00 am Karen	<b>TRX</b> 6:00 -7:00 am Tracy Personal Training Studio		<b>Master Swim</b> 5:30-6:30am Megan Pool	
All classes on this calendar are run on a monthly basis except where noted.	<b>Secrets of Healthy Cooking</b> *Mon, Oct 9th* 12:30-2:00pm Meeting Room	<b>Qigong For Health</b> 10:30—11:30 am David Meeting Room		<b>Functional Movement Improvement</b> 9:00 -10:00 am 10:00—11:00 am Elaine		
	<b>Hug A Tree Yoga For kids age 3-10</b> 6:00-6:55pm Millie	<b>Meditation and Mindfulness</b> 6:00-6:55pm Kathy Studio 3	<b>TRX</b> 5:45-6:45 pm Maria Personal Training Studio	<b>TRX Intervals</b> 9:00-10:00 am Jean Personal Training Studio		
	<b>Art in the Evening</b> *Mon, Oct 16 & 23* 6:00-8:00pm Meeting Room	<b>Tai Chi Qigong</b> 6:00 - 7:30 pm David Meeting Room	<b>TRX</b> 7:00—8:00pm Maria Personal Training Studio			
	<b>Master Swim</b> 7:30-8:30pm Jalil Pool <b>NEW TIME!</b>					
		<b>Shaolin Gong Fu</b> 7:35 - 8:35 pm David Meeting Room				Revised: 9/11/2017