

Specialty Class Schedule-Jan 2019

Hunterdon Health & Wellness Center

CLINTON

www.hunterdonhealthcare.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Multi-Level Yoga 10:00 - 11:30 am John Studio 3			TRX 6:00-7:00 am Tracy Personal Training Studio	Master Swim 5:30-6:30am Alison 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		FMI 9:00 -10:00am 10:00—11:00 am Kathy Therapy Pool		
	Fun to Create Essential Oils Mon, 1/14 6:00pm Meeting Room			TRX 9:00-10:00 am Jean Personal Training Studio	Adult Group Swim Lessons Fri 11-11:45am 1/18-2/22 Pool	
	TRX 4:30-5:30 9m Jean Personal Training Studio	Qigong For Health 10:30—11:30 am David Meeting Room	TRX 5:45-6:45 pm Maria Personal Training Studio	TRE™ Tension Reducing Exercise Thurs, Jan 24th 1:30-3:00pm Studio 3		
		Tai Chi Qigong 6:00 - 7:30 pm David Meeting Room				
	Adult Group Swim Lessons Mon 5:45-6:30pm 1/14-2/18 Pool	Shaolin Gong Fu 7:35 - 8:35 pm David Meeting Room				Revised: 12/12/2018

Multi Level Yoga—4 weeks—\$49 for members, drop-ins \$15. \$67 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—\$50 for a 10 class card. \$7.00 for a single class. Non-members will also need to pay the daily guest fee. No advance sign ups. Pick up a class pass upon arrival.

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

QiGong, Tai Chi & Shaolin Gong Fu—4 weeks—\$43 for members, drop-ins \$15. \$61 for non-members, drop-ins \$20.

Fun to Create—Make your own essential oils, bath balm and lavender spray. \$30 for members, \$35 for non-members

TRE™ - \$35 for members, \$45 for non-members

Adult Group Swim Lessons— 6 weeks—\$90 for members, \$120 for non-members (option to pay additional \$60 for pool practice time and/or full use of the facility for the 6 weeks).



Hunterdon Healthcare
Health and Wellness Centers
of Clinton and Whitehouse Station