

Specialty Class Schedule-June 2017



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
		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			
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		Functional Movement Improvement 9:00 -10:00 a.m. 10:00—11:00 a.m. Eileen		
	Multi-Level Yoga 10:00 - 11:30 a.m. John Studio #3			TRX 5:45-6:45 p.m. Maria V. Personal Training Studio	TRX Intervals 9:00-10:00 a.m. Jean Personal Training Studio	
	Hug A Tree Yoga For kids age 3-10 6:00-6:55pm Millie Meeting Room	Meditation & Mindfulness 6:00—6:45 p.m. Kathy Studio #3	TRX 7:00—8:00p.m. Maria V. Personal Training Studio			
		Tai ChiQigong 6:00 - 7:30 p.m. David Meeting Room	Intro to Meditation & Mindfulness Thurs, June 7th 7:15-8:15 pm John H			
		ShaolinGong Fu 7:35 - 8:35 p.m. David Meeting Room				Revised: 5/10/2017