

Specialty Class Schedule-Oct 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 Studio 3			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		FMI 9:00 -10:00am 10:00-11:00 am Kathy Therapy Pool	Meditation & Mindfulness Fri, 10/12 11:30-12:30 Kathy Studio 3	
	Stepping out Safely Mon, Oct 22nd 10:15-11:00am Meeting Room	Stroller Fitness 10/23-11/20 9:30-10:15am Meeting Room		TRX 9:00-10:00 am Jean Personal Training Studio	Adult Group Swim Lessons Fri 11-11:45am 9/28-11/2 Pool	
	Adult Group Swim Lessons Mon 5:45-6:30pm 9/24-10/29 Pool	Qigong For Health 10:30-11:30 am David Meeting Room	TRX 5:45-6:45 pm Maria Personal Training Studio			
	Fun to Create Pumpkin with Fresh Flowers 10/22 - 6-7pm Classroom	Tai Chi Qigong 6:00 - 7:30 pm David Meeting Room	Himalayan Singing Bowls Wed, 10/17 6:00-7:00pm Studio 3			
		Shaolin Gong Fu 7:35 - 8:35 pm David Meeting Room				Revised: 9/21/2018

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—\$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—5 weeks—\$54 for members, drop-ins \$15. \$77 for non-members, drop-ins \$20.

Pumpkin with Fresh Flowers with Fun to Create—\$35 for members, \$40 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).

Meditation & Mindfulness—1 hour—\$12 for members, \$15 for non-members

Himalayan Singing Bowls—1 hour—\$10 for members, \$15 for non-members

Stepping Out Safety— FREE to community. An interactive education and encouragement presentation for active older adults.

Presented by go Hunterdon.

Stroller Fitness—6 week class. Members: \$80 for the series or \$15 drop-in. Non-members: \$105 for the series or \$20 drop-in. Please register at www.favoredlife.fit.



Hunterdon Healthcare
Health and Wellness Centers
of Clinton and Whitehouse Station