

Specialty Class Schedule-March 2018



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
	Multi-Level Yoga 10:00 - 11:30 am John Studio #3	Functional Movement Improvement 9:00 - 10:00 am 10:00-11:00 am Karen	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.		Qigong For Health 10:30—11:30 am David Meeting Room	St. Pat's Day Flower Arranging Class Wed, March 14th 11am-12pm Meeting Room	Functional Movement Improvement 9:00 -10:00 am 10:00—11:00 am Kathy		
	Hug A Tree Yoga For kids age 3-10 6:00-6:55pm Millie	Meditation and Mindfulness 6:00-6:55pm Kathy Studio 3	TRX 5:45-6:45 pm Maria Personal Training Studio	TRX Intervals 9:00-10:00 am Jean Personal Training Studio		
	Book Publishing Class Mon, March 5,12,19 7:00-9:00pm Meeting Room (3 week course)	Tai Chi Qigong 6:00 - 7:30 pm David Meeting Room	Singing Bowls *NEW CLASS* Wed, March 21st 6:00-7:00pm Studio 3		Zumbini® Fridays 5:00-5:45pm March 9 - Apr 27 Register at www.favoredlife.fit Studio 3	
		Shaolin Gong Fu 7:35 - 8:35 pm David Meeting Room	TRX 7:00—8:00pm Maria Personal Training Studio			
						Revised: 2/13/2018