

# Specialty Class Schedule-March 2019

Hunterdon Health & Wellness Center

**CLINTON**

www.hunterdonhealthcare.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Multi-Level Yoga</b> 10:00 - 11:30 am John Studio 3				<b>Master Swim</b> 5:30-6:30am Alison Pool	
<b>All classes on this calendar are run on a monthly basis except where noted.</b>		<b>FMI</b> 9:00 - 10:00 am 10:00-11:00 am Karen <b>Therapy Pool</b>	<b>Intro to Book Publishing</b> 3/27, 4/3, 4/10 10am-12pm <b>Meeting Room</b>	<b>FMI</b> 9:00 -10:00am 10:00—11:00 am Kathy <b>Therapy Pool</b>		
	<b>Fun to Create</b> Spring Wreath Mon, 3/18 6:00pm <b>Meeting Room</b>			<b>TRX</b> 9:00-10:00 am Jean <b>Personal Training Studio</b>	<b>Adult Group Swim Lessons</b> Fri 11-11:45am 3/8-4/12 <b>Pool</b>	
<b>Stand Up Paddleboard Yoga</b> Sun, 3/10 - 2-3pm Pool	<b>TRX</b> 4:30-5:30pm Jean <b>Personal Training Studio</b>	<b>Qigong For Health</b> 10:30—11:30 am David <b>Meeting Room</b>	<b>TRX</b> 5:45-6:45 pm Maria <b>Personal Training Studio</b>			
		<b>Tai Chi Qigong</b> 6:00 - 7:30 pm David <b>Meeting Room</b>				
	<b>Adult Group Swim Lessons</b> Mon 5:45-6:30pm 3/4-4/8 <b>Pool</b>	<b>Shaolin Gong Fu</b> 7:35 - 8:35 pm David <b>Meeting Room</b>				<b>Revised:</b> 2/13/2019

**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 \$15.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 Spring Wreath. \$40 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).

**Stand Up Paddleboard Yoga**—\$50 for members, \$60 for non-members—Includes paddleboard rental



**Hunterdon Healthcare**  
Health and Wellness Centers  
of Clinton and Whitehouse Station