

Specialty Class Schedule March 2019

Hunterdon Health & Wellness Center

WHITEHOUSE STATION

www.hunterdonhealthcare.org

537 Route 22 East - Whitehouse Station, NJ 08889 - (908) 534-7600

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			TRX Inter/Adv 9:00 –10:00 am Shelby Atrium	TRX 9:00 –10:00 am Maria Atrium	TRX Inter/Adv 8:30-9:30am Rita Atrium	
All classes on this calendar are run on a monthly basis except where noted	Arthritis Aquatics 11:15 –12:00 pm Rachel Pool	Intermediate Tai Chi 9:45-10:45am Judi Atrium	Arthritis Aquatics 10:00-10:45 am Shelley Pool		Arthritis Aquatics 9:45 –10:30 am Rita Pool	
		Tai Chi Fan Class 11:00am-12:00pm Judi Atrium	Driver Safety with AARP Wed, 3/13 9am-3pm Classroom			
	TRX 5:45 –6:45 pm Rita Atrium			Fun to Create Spring Wreath Thurs, 3/21 1:00pm Classroom		
	Self Defense Mon 7-8:30pm 3/4-3/26 Dein Atrium		TRX 7:00-8:00 pm Tracy Atrium			Adult Group Swim Lessons Sat 12:45-1:30 3/9-4/13 Pool
						Revised: 2/13/2019

TRX Classes—Bodyweight Suspension Training which develops strength, balance, core stability and flexibility. \$50 for a 10 class card. \$7.00 for a single class. Non-members \$15 drop-in. No advance sign ups. Pick up a class pass upon arrival

Arthritis Aquatics—free for our members. \$60 for a 12 visit card for non-members.

Intermediate Tai Chi and Fan Tai Chi—4 weeks—\$43 for members, drop-ins \$15. \$61 for non-members, drop-ins \$20.

Self Defense—4 weeks—Mondays, March 4th-25th- \$60 for members and HMC employees, \$75 for non-members

Fun to Create— Make your own 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).

Driver Safety with AARP—\$15 for AARP members, \$20 for non-AARP members.



Hunterdon Healthcare
Health and Wellness Centers
of Clinton and Whitehouse Station