

# Specialty Class Schedule Oct 2018

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   |
|--|---|---|--|-----|--|---|
|  | <b>Beginner Tai Chi</b><br>9:45-10:45am<br>Judi<br><b>Classroom</b>   |   | <b>TRX Inter/Adv</b><br>9:00 –10:00 am<br>Shelby<br><b>Atrium</b>          |     | <b>TRX Inter/Adv</b><br>8:30-9:30am<br>Rita<br><b>Atrium</b>                   |   |
| All classes on this calendar are run on a monthly basis except where noted | <b>Arthritis Aquatics</b><br>11:15 –12:00 pm<br>Rachel<br><b>Pool</b> | <b>Intermediate Tai Chi</b><br>9:45-10:45am<br>Judi<br><b>Atrium</b>                    | <b>Arthritis Aquatics</b><br>10:00-10:45 am<br>Shelley<br><b>Pool</b>      |     | <b>Arthritis Aquatics</b><br>9:45 –10:30 am<br>Rita<br><b>Pool</b>             |   |
|  | <b>QiGong</b><br>11:00-12:00<br>Judi<br><b>Classroom</b>              | <b>Tai Chi Fan Class</b><br>11:00am-12:00pm<br>Judi<br><b>Atrium</b>                    |  |     | <b>Driver Safety With AARP</b><br>Fri, Oct 19th<br>9am-3pm<br><b>Classroom</b> | <b>Restorative Yoga</b><br>Sat, Oct 27th<br>11:00am-1:00pm<br>Rachel<br><b>Atrium</b> |
|  | <b>TRX</b><br>5:45 –6:45 pm<br>Rita<br><b>Atrium</b>                  | <b>Fun to Create</b><br>Pumpkin with Fresh Flowers<br>10/30 - 1-2pm<br><b>Classroom</b> |  |     |  | <b>Adult Group Swim Lessons</b><br>Sat 12:30-1:15<br>9/29-11/3<br><b>Pool</b>         |
|  | <b>Isshinryu Karate</b><br>7:00—9:00 pm<br>Dein<br><b>Atrium</b>      |   | <b>TRX</b><br>7:00-8:00 pm<br>Tracy<br><b>Atrium</b><br><b>Start 10/10</b> |     |  |   |
|  |   |   |  |     |  | <b>Revised:</b><br>9/28/2018  |

**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 will also need to pay the daily guest fee. 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 QiGong**—5 weeks—\$54 for members, drop-ins \$15. \$77 for non-members, drop-ins \$20.

**Beginner Tai Chi and Fan Tai Chi**—5 weeks- \$54 for members, drop-ins \$15. \$77 for non-members, drop-ins \$20.

**Isshinryu Karate**—\$35 for members, drop-ins \$15. \$40 for non-members, drop-ins \$20.

**Pumpkins 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).

**Restorative Yoga**—\$40 for members, \$50 for non-members

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



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