

# Specialty Class Schedule May 2018



Hunterdon Health & Wellness Center

**WHITEHOUSE STATION**

[www.hunterdonhealthcare.org](http://www.hunterdonhealthcare.org)

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>TRX Inter/Adv</b> 9:00 –10:00 am Shelby <b>Classroom</b>		<b>TRX Inter/Adv</b> 8:30-9:30am Rita <b>Classroom</b>	
All classes on this calendar are run on a monthly basis except where noted	<b>Arthritis Aquatics Program</b> 11:15 –12:00 p.m. Rachel <b>Pool</b> **Free for members	<b>Intermediate Tai Chi</b> 10:00-11:00am Judi <b>Classroom</b>	<b>Arthritis Aquatics Program</b> 10:00-10:45 a.m. Shelley <b>Pool</b> **Free for members		<b>Arthritis Aquatics Program</b> 9:45 –10:30 a.m. Rita <b>Pool</b> **Free for members	
		<b>QiGong</b> 11:15am-12:15pm Judi <b>Classroom</b>	<b>Beginner Tai Chi</b> 10:15-11:15 am Judi <b>Classroom</b>			
	<b>TRX</b> 5:45 –6:45 p.m. Rita <b>Classroom</b>			<b>Flower Arranging</b> Thurs, May 10th 1:00-2:00pm <b>Classroom</b>		
	<b>Isshinryu Karate</b> 7:00—9:00 pm Dein <b>Studio</b>					
						Revised: 4/12/2018