

Specialty Class Schedule Oct 2017



Hunterdon Healthcare
Health and Wellness Centers
of Clinton and Whitehouse Station

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
			<p>TRX Inter/Adv 9:00 –10:00 am Shelby Classroom</p>		<p>TRX Inter/Adv 8:30-9:30am Rita Classroom</p>	
<p>All classes on this calendar are run on a monthly basis except where noted</p>	<p>Arthritis Aquatics Program 11:15 –12:00 p.m. Rachel Pool</p>	<p>Intermediate Tai Chi 10:00-11:00am Judi Classroom</p>	<p>Arthritis Aquatics Program 10:00-10:45 a.m. Elaine Pool</p>		<p>Arthritis Aquatics Program 9:45 –10:30 a.m. Rita Pool</p>	
		<p>QiGong 11:15am-12:15pm Judi Classroom New Class!</p>	<p>Beginner Tai Chi 10:15-11:15 am Judi Classroom New Class!</p>			<p>Restorative Yoga *Sat, Oct 21st* 11:00am-1:00pm Rachel Classroom</p>
	<p>TRX 5:45 –6:45 p.m. Rita Classroom</p>		<p>FMI Land Class 11:30-12:30pm Elaine Classroom New Class!</p>			
	<p>Isshinryu Karate 7:00—9:00 pm Dein Studio</p>		<p>TRX 5:45-6:45pm Tracy Classroom New Class!</p>			
						<p>Revised: 9/12/2017</p>