

# Specialty Class Schedule Jan 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
			<b>TRX Inter/Adv</b> 9:00 –10:00 am Shelby <b>Atrium</b>	<b>TRX</b> 9:00 –10:00 am Maria <b>Atrium</b>	<b>TRX Inter/Adv</b> 8:30-9:30am Rita <b>Atrium</b>	
All classes on this calendar are run on a monthly basis except where noted	<b>Arthritis Aquatics</b> 11:15 –12:00 pm Rachel <b>Pool</b>	<b>Intermediate Tai Chi</b> 9:45-10:45am Judi <b>Atrium</b>	<b>Arthritis Aquatics</b> 10:00-10:45 am Shelley <b>Pool</b>		<b>Arthritis Aquatics</b> 9:45 –10:30 am Rita <b>Pool</b>	
		<b>Tai Chi Fan Class</b> 11:00am-12:00pm Judi				
	<b>TRX</b> 5:45 –6:45 pm Rita <b>Atrium</b>	<b>TRE™ Tension Reducing Exercise</b> Tues, Jan 15th 6:00-7:30pm <b>Atrium</b>	<b>Driver Safety With AARP</b> Wed, Jan 16th 9am-3:30pm <b>Classroom</b>		<b>Fun to Create Essential Oils</b> Fri, 1/18 1:00pm <b>Classroom</b>	<b>Restorative Yoga</b> Sat, Jan 26th 11am-1pm Rachel <b>Atrium</b>
	<b>Isshinryu Karate</b> 7:00—9:00 pm Dein <b>Atrium</b>		<b>TRX</b> 7:00-8:00 pm Tracy <b>Atrium</b>			<b>Adult Group Swim Lessons</b> Sat 12:30-1:15 1/19-2/23 <b>Pool</b>
						<b>Revised:</b> 12/12/2018

**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 up-on 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.

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

**Fun to Create**— Make your own essential oils, bath balm and lavender spray. \$30 for members, \$35 for non-members

**TRE™** - \$35 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.

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



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