

Specialty Class Schedule Aug 2017



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 8:00-9:00am Tracy Classroom		TRX Inter/Adv 9:00 –10:00 am Shelby Classroom			
All classes on this calendar are run on a monthly basis except where noted	Arthritis Aquatics Program 11:15 –12:00 p.m. Rachel Pool		Arthritis Aquatics Program 10:00-10:45 a.m. Rita Pool		Arthritis Aquatics Program 9:45 –10:30 a.m. Rita Pool	TRX 10:45-11:45am Tracy Classroom New Class!
	TRX 5:45 –6:45 p.m. Rita Classroom		Beginner Tai Chi 10:15-11:15 am Judi Classroom			
	Isshinryu Karate 7:00—9:00 pm Dein Studio					
						Revised: 7/26/2017