

Specialty Class Schedule Dec 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
			TRX Inter/Adv 9:00 –10:00 am Shelby Classroom		TRX Inter/Adv 8:30-9:30am Rita 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 **Free for members	Intermediate Tai Chi 10:00-11:00am Judi Classroom	Arthritis Aquatics Program 10:00-10:45 a.m. Shelley Pool **Free for members		Arthritis Aquatics Program 9:45 –10:30 a.m. Rita Pool **Free for members	
		QiGong 11:15am-12:15pm Judi Classroom	Beginner Tai Chi 10:15-11:15 am Judi Classroom			
	TRX 5:45 –6:45 p.m. Rita Classroom					
	Isshinryu Karate 7:00—9:00 pm Dein Studio		TRX 5:45-6:45pm Tracy Classroom			
						Revised: 11/13/2017