

# Specialty Class Schedule July 2018

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</b> <b>Inter/Adv</b> 9:00 –10:00 am Shelby <b>Classroom</b>		<b>TRX</b> <b>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</b> 11:15 –12:00 p.m. Rachel <b>Pool</b>	<b>Intermediate Tai Chi</b> 10:00-11:00am Judi <b>Classroom</b>	<b>Arthritis Aquatics</b> 10:00-10:45 a.m. Shelley <b>Pool</b>		<b>Arthritis Aquatics</b> 9:45 –10:30 a.m. Rita <b>Pool</b>	
		<b>QiGong</b> 11:15-12:15 Judi <b>Classroom</b>				
	<b>TRX</b> 5:45 –6:45 p.m. Rita <b>Classroom</b>	<b>Summer Essential Oils</b> Tues, 7/24, 1-2 Fun to Create <b>Classroom</b>				
	<b>Isshinryu Karate</b> 7:00—9:00 pm Dein <b>Studio</b>					
						<b>Revised:</b> 6/27/2018

**TRX Classes**—Bodyweight Suspension Training which develops strength, balance, core stability and flexibility.

Mon class—5 weeks—\$54 for members, drop-ins \$15. \$77 for non-members, drop-ins \$20.

Wed class— 3 weeks—\$32 for members, drop-ins \$15. \$46 for non-members, drop-ins \$20. (No class 7/4)

Fri class— 4 weeks—\$43 for members, drop-ins \$15. \$61 for non-members, drop-ins \$20.

**Arthritis Aquatics**—free for our members. \$60 for a 12 visit card for non-members.

**Tai Chi and QiGong**—5 week month- \$54 for members, drop-ins . \$77 for non-members, drop-ins \$20.

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

**Summer Essential Oils**—\$30 for members, \$35 for non-members



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