

Specialty Class Schedule June 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>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>Arthritis Aquatics Program 10:00-10:45 a.m. Rita Pool</p>		<p>Arthritis Aquatics Program 9:45 –10:30 a.m. Rita Pool</p>	
	<p>TRX 5:45 –6:45 p.m. Rita Classroom</p>	<p>Beginner Tai Chi 10:00-11:00 am Judi Classroom</p>	<p>Beginner Tai Chi 10:15-11:15 am Judi Classroom</p>			<p>Restorative Yoga Sat, June 10 11am—1pm Rachel Classroom</p>
	<p>Isshinryu Karate 7:00—9:00 pm Dein Studio</p>			<p>Stress Relief Meditation - beg 6/8 6:30-7:30pm Karen Classroom New Class!</p>		
						<p>Revised: 05/31/2017</p>