

Specialty Class Schedule Mar 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
			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			Restorative Yoga *Sat, Mar 17th* 11:00am-1:00pm Rachel Classroom
	TRX 5:45 –6:45 p.m. Rita Classroom	Zumbini® Tues 2:00-2:45pm March 6 - Apr 24 Register at www.favoredlife.fit Aerobics Studio				
	Isshinryu Karate 7:00—9:00 pm Dein Studio					
						Revised: 2/8/2018