



Hunterdon Healthcare

Your full circle of care.

Hunterdon Health & Wellness Centers
of Clinton and Whitehouse Station

CLINTON Group Fitness

January 2022



- All land classes are 55 minutes unless otherwise specified.
- All aquatic classes are 55 minutes unless otherwise specified.
- Instructors listed are regularly scheduled
- Schedule content may change without notice, however every attempt will be made to insure a class offering.
- HHWC reserves the right to cancel classes on future schedules if class averages less than 4 participants.

LEGEND:

- GREEN – Studio 3
- RED - Studio #1
- BLUE - Power Cycle Studio
- PURPLE – Pool
- ORANGE – Meeting Room
- YELLOW - Class / Schedule Change

1738 Route 31 North
Clinton, NJ 08809
908.735.6884

Facility Hours:

Mon–Wed: 6am–9pm Thurs & Fri: 6am–8pm
Sat: 7am–6pm Sun: 8am–5pm

12/30/21

MONDAY

6:00am	Power Cycle	Meghan
8:00am	Water Volleyball	
9:00	BodyPump	Maria
10:15	Pilates	Rita
10:15	Les Mills Core	Maria (30 min)
11:30	Senior Fitness	Karen
4:30pm	BodyFlow	Jean
5:30	Power Cycle	Carolyn
5:45	BodyStep	Rita
6:45	BodyPump	Erin
6:30	Karate \$\$	Dein (the Whitehouse Karate Class is temporarily being held in Clinton)

TUESDAY

8:00	Aqua Pilates	Karen (Therapy Pool)
9:00	No Bar Barre	Kristen
10:00	Sh'Bam	Kristen
10:15	Chair Yoga	Kathy/Kate
11:00	Water Aerobics	Kristen
5:30pm	Shaolin Gong Fu \$\$	Dave
5:45	Zumba	Leigh
6:30	Tai Chi \$\$	Dave
6:30	Yoga	Ken
7:00	BodyCombat	Morgan

WEDNESDAY

8:00am	Water Volleyball	
9:00	Water Aerobics	Kathy
9:00	Yoga	Carolyn
9:00	BodyPump	Mona
10:00	BodyStep (30 min)	Mona
10:45	Senior Fitness	Mona
11:45	Senior Balance	Karen now in Studio 3
5:00	Zumba	Sarah
5:30	Power Cycle	Carolyn
6:00	Water Aerobics	Karen
6:00	BodyPump	Erin

All classes on this schedule are included in our membership unless you see \$\$ following the class title.

Please visit or call the front desk to sign up for Tai Chi, Gong Fu, Karate and Specialty Yoga classes.

THURSDAY

6:00am	Power Cycle	Meghan
9:00	BodyStep	Mona
9:00	Pilates	Shelby
10:15	Zumba Gold	Kelly
10:00	Specialty Yoga \$\$	John (90 min)
11:00	Water Aerobics	Kathy
5:00pm	Yoga	Carolyn
6:00	BodyCombat	Jean

FRIDAY

8:00am	Water Volleyball	
8:30	Power Cycle	Paul
9:00	Water Aerobics	Kristen
9:15	Yoga	Carolyn
10:00	Sh'Bam	Kristen
11:00	BodyPump	Maria
12:00	Power Cycle Express	Carolyn (45 min)
5:30	Power Cycle	Paul

SATURDAY

7:05am	Yoga	Sarah
8:00	BodyPump	Erin P
8:30	Power Cycle	Diana
9:15	Core & More	Jean
10:15	BodyFlow	Jean

SUNDAY

8:15	Power Cycle	Meghan (no class 1/2)
9:30	Intro to Power Cycle	on 1/9
9:15	Zumba/Zumba Toning	Lisa

Virtual Classes: If you are interested in participating in our virtual program, please email Shelby at shelbynelson@hhsnj.org to be granted access. This is included in all active memberships.

If your membership is frozen, you can have access to the virtual classes for \$30 monthly.