

January 2022

MONDAY

8:00am	Power Cycle	Beth
8:00	BodyPump	Mona
9:00	BodyStep	Mona
9:00	Water Aerobics	Beth
9:15	Gentle Yoga	Kate
10:30	Chair Yoga	Kate
5:00pm	BodyPump	Mona
5:45	Power Cycle	Paul
6:15	HIIT Training	Sarah
6:30	Karate \$\$	Dein (Karate is currently being held in Clinton)

TUESDAY

6:15am	Yoga	Jen
9:00	BodyFlow	Kathleen
9:00	BodyPump	Maria
10:15	Senior Fitness	Maria
10:15	Water Aerobics	Kathleen (45 min)
11:15	Sh'Bam	Maria
5:00pm	Barre Class	Rita
6:00	Power Cycle	Rita
6:00	Water Aerobics	Beth

WEDNESDAY

8:30	Strength	Jen
9:00	TRX \$\$	Rita
10:00	Sr. Balance	Rita
11:00	Water Aerobics	Rita (45 min)
11:15	Zumba	Kelly
4:30	Boot Camp	Rita
5:30	Pilates	Shelby

All classes on this schedule are included in our membership unless noted with \$\$.
Please stop by or call the front desk to sign up for Karate classes.



Hunterdon Healthcare

Your full circle of care.

Hunterdon Health & Wellness Centers
of Clinton and Whitehouse Station

WHITEHOUSE

Group Fitness

Revised 12/30/2021



537 Route 22 East
Whitehouse Station, NJ 08889
908.534.7600

Facility Hours:

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

▪ 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 class offering.

• HHWC reserves the right to cancel classes on future schedules if class averages less than 5 participants.

THURSDAY

9:00	Sh'Bam	Kristen
10:00	Barre Class	Kristen
11:00	Water Aerobics	Kristen
5:30	Power Cycle	Beth
5:30	BodyCombat	Jill
6:45	Yoga	Ken

FRIDAY

8:00	BodyPump	Mona
9:00	BodyStep	Mona
9:00	Water Aerobics	Maria
10:00	Senior Fitness (30 min)	Mona
10:30	Chair Yoga	Shelby
4:45pm	BodyFlow	Diana

SATURDAY

8:30	Power Cycle	Beth
8:30	Zumba	Sarah
9:30	HIIT Training	Sarah (45 min)

SUNDAY

9:00	Intro to Power Cycle on 1/2	
9:30am	BodyCombat	Jill
9:30	Zumba	Kelly
12:00	Yoga	Ken

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.

LEGEND:

PURPLE - Pool

RED - Studio 1 (1st Floor)

BLUE - Atrium (1st Floor)

YELLOW - Class / Schedule Change