

MONDAY

8:00	Water Volleyball - FF		Pool
9:00	BodyPump	Kelly	Stu. 1
9:00	Gentle Yoga	Nicole	Stu. 3
10:00	Mat Pilates	Rita	Stu. 3
10:15	Dance Fitness Cardio	Kelly	Stu. 1
11:15	Forever Fit Combo - FF	Kelly	Stu. 1
4:30	BodyBalance	Jean	Stu. 3
5:30	Power Cycle	Carolyn	Cycle
6:00	BodyPump	Erin	Stu. 1

TUESDAY

8:30	Power Cycle	Paul	Cycle
9:00	Total Body Conditioning	Michele	Stu. 1
10:00	FMI - \$\$	Eileen	Pool
11:00	AquaFit - FF	Eileen	Pool
5:30	Shaolin Gong Fu - \$\$	Dave	Mtg Rm 1 st Flr
5:45	Zumba	Leigh	Stu. 1
6:00	Yoga	Alycia	Stu. 3
6:30	TaiChi - \$\$	Dave	Mtg Rm 1 st Flr
6:45	BodyCombat	Morgan	Stu. 1
7:30	Endurance Swim - \$\$	Rich	Pool

WEDNESDAY

6:30	Total Body Conditioning	Linn	Stu. 1
8:00	Water Volleyball - FF		Pool
9:00	AquaFit - FF	Kathy	Pool
9:00	Yoga	Carolyn	Stu. 3
9:00	BodyPump	Mona	Stu. 1
10:00	BodyStep (30 min)	Mona	Stu. 1
10:30	BodyBalance	Patty	Stu. 3
10:45	Forever Fit Combo	Mona	Stu. 1
5:15	Zumba	Sarah	Stu. 1
5:30	Power Cycle	Carolyn	Cycle
6:15	BodyPump	Erin	Stu. 1



Hunterdon Health

Hunterdon Health and Wellness Centers

CLINTON GROUP FITNESS September

2024

All classes on this schedule are included in our membership unless a \$\$ is following the class title. Please visit or call the front desk to sign up for any specialty classes.

All classes are 55 minutes unless otherwise specified.

Highlighted classes indicate a change in time, a different instructor or addition of a new class.

Scheduled classes are subject to change. HHWC reserves the right to cancel future classes.

Member portal app is available to download on your Smartphone device!

1738 Route 31 North, Clinton, NJ 08809

908.735.6884

Monday – Thursday: 6am – 9pm

Friday: 6am – 8pm

Saturday: 7am – 6pm

Sunday: 8am – 5pm

ASK ABOUT OUR
MEMBER REFERRAL REWARDS!

THURSDAY

6:15	Endurance Swim - \$\$	Rich	Pool
6:30	Boot Camp (45 min)	Mona	Stu. 1
8:00	Aqua Pilates - FF	Wendy	Ther. Pool
9:00	Boot Camp	Mona	Stu. 1
9:00	Mat Pilates Fusion	Nicole	Stu. 3
10:00	Gentle Yoga - FF	Nicole	Stu. 3
10:00	Dance Fitness Cardio- FF	Kelly	Stu. 1
10:00	FMI - \$\$	Kathy	Pool
11:00	Body Pump	Kelly	Stu. 1
11:00	AquaFit – FF	Kathy	Pool
11:00	Chair Yoga – FF	Nicole	Stu. 3
12:00	Chair Fitness – FF	Nicole	Stu. 3
6:00	BodyCombat	Jean	Stu. 1

FRIDAY

8:00	Water Volleyball - FF		Pool
8:30	Power Cycle	Paul	Cycle
9:00	AquaFit – FF	Michele	Pool
9:00	BodyPump	Kristen	Stu. 1
9:00	Yoga	Carolyn	Stu. 3
10:15	LesMills Dance/Sh'Bam	Kristen	Stu. 1
12:00	Power Cycle Express (45 min)	Carolyn	Cycle
12:30	Steady Yourself - FF	Nicole	Stu. 3
6:00	Total Body Conditioning (45 min)	Rita	Stu. 1
6:30	LesMills Core (30 min)	Rita	Stu. 1

SATURDAY

8:00	BodyPump	Erin	Stu. 1
8:00	Yoga	Alycia	Stu. 3
8:30	Power Cycle	Paul	Cycle
9:15	Core & More	Jean	Stu. 1
10:15	BodyBalance	Jean	Stu. 3
10:30	Dance Fitness Cardio	Kelly	Stu. 1

SUNDAY

8:00	Boot Camp	Linn	Stu. 1
9:15	Zumba Toning / Zumba (30 min each)	Lisa	Stu. 1
9:30	BodyBalance	Leigh	Online