

## MONDAY

8:00	Power Cycle	Beth	Cycle
8:00	Studio Pilates - \$\$	Megan	Pilates
8:00	BodyPump	Mona	Stu. 1
9:00	BodyStep	Mona	Stu. 1
9:00	AquaFit - FF	Beth	Pool
9:15	Gentle Yoga - FF	Jen	Atrium
5:00	BodyPump	Mona	Stu. 1
6:00	BodyBalance	Patty	Atrium
6:00	Cardio Kickbox	Liny	Stu. 1
7:00	Karate - \$\$	Dein	Atrium

## TUESDAY

6:15	Yoga	Jen	Atrium
9:00	BodyBalance	Kathleen	Atrium
9:00	BodyPump	Kristen	Stu. 1
10:15	LesMills Dance/Sh'Bam	Kristen	Stu. 1
10:15	AquaFit (45 min) - FF	Kathleen	Pool
11:30	Mat Pilates Fusion	Nicole	Atrium
5:00	Barre Fusion	Rita	Atrium
6:00	Power Cycle	Rita	Cycle
6:00	AquaFit - FF	Beth	Pool
6:00	Yoga	John F.	Atrium

## WEDNESDAY

8:30	Total Body Conditioning	Jen	Stu. 1
9:00	TRX	Rita	Atrium
10:00	Gentle Yoga - FF	Nicole	Atrium
10:00	Steady Yourself - FF	Rita	Stu. 1
10:00	Water Volleyball - FF		Pool
11:00	Slow Barre	Nicole	Atrium
11:00	AquaFit (45 min) - FF	Rita	Pool
4:30	Body Pump	Rita	Atrium
5:30	Mat Pilates	Rita	Atrium
6:30	Total Body Conditioning	Michele	Stu. 1



**Hunterdon Health**

Hunterdon Health and Wellness Centers

# WHITEHOUSE GROUP FITNESS November

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!](#)

537 Route 22 East, Whitehouse Station, NJ 08889

908.534.7600

Monday - Thursday: 6am - 9pm

Friday: 6am - 8pm

Saturday: 7am - 6pm

Sunday: 8am - 5pm

Revised 7/17/24

## THURSDAY

9:00	Zumba	Pam	Stu. 1
10:00	Barre	Kristen	Atrium
11:00	AquaFit - FF	Kristen	Pool
11:15	Chair Yoga	Susan	Atrium
12:15	Chair Fitness	Susan	Atrium
5:30	Power Cycle	Beth	Cycle
5:30	Zumba	Sarah	Atrium
6:00	BodyCombat	Jill	Stu. 1

## FRIDAY

8:00	BodyPump	Mona	Stu. 1
9:00	BodyStep	Mona	Stu. 1
9:30	Mat Pilates	Nicole	Atrium
10:00	Forever Fit Cardio(45 min)	Mona	Stu. 1
10:15	Water Volleyball - FF		Pool
10:30	Chair Yoga - FF	Nicole	Atrium

## SATURDAY

7:15	Yoga	Sarah	Atrium
8:15	Power Cycle	Beth	Cycle
8:30	Zumba	Sarah	Stu. 1
9:30	Interval Training (45 min)	Sarah	Stu. 1

## SUNDAY

9:30	Zumba	Pam B.	Stu. 1
10:30	Body Combat	Jill	Stu. 1
10:45	Barre Fusion	Pam B.	Atrium
12:00	Yoga	Ken	Atrium

### MEMBER REFERRAL REWARDS!

Referring a friend or family member to join the Wellness Center will provide you with the choice of 2 free guest passes or \$20 on your club account!