

CLINTON

Group Fitness

February 2012



1738 Route 31 North
Clinton, NJ 08809
908.735.6884

Facility Hours:

Mon–Thurs: 5am-10pm Fri: 5am-9pm
Sat: 7am-6pm Sun: 8am-5pm

▪ All land classes are 55 minutes unless otherwise specified. All aquatic classes are 45 minutes unless otherwise specified.

▪ Instructors listed are regularly scheduled.

Other Wellness Center Offerings:

Specialty Services: Personal Training,
Massage, Weight Loss Program

LEGEND:

BLACK - SPINNING Studio

RED - Studio #1

BLUE - Studio #2 or Meeting Room

YELLOW - Class / Schedule Change

Revised: 02/01/12

MONDAY

6:00am	BodyPump	Queila
9:00	SPINNING	Mary Ann
9:00	Zumba	Jeanie
10:00	Ball Pilates/Core	Jeanie
11:00	Sr Cardio/Str	Shelley
4:30	Pilates	Mary
5:00	Zumba	Amy
5:30	SPINNING	Carolyn
6:00	BodyStep	Maria
6:00	BodyFlow	Jean
7:00	BodyPump	Maria
7:00	SPINNING	Annette

TUESDAY

6:00am	SPINNING	Mark
9:00	SH'BAM	Irene
9:00	SPINNING	Jen
10:00	BodyFlow	Mary
10:00	Strength	Jen
11:00	Zumba Gold	Pat
12:00	Pilates	Megan
12:00	Chair Yoga	Shirley
4:30pm	BodyFlow	Kathleen
5:30	SPINNING	Debbie
6:00	Zumba	Jeanie
7:00	SPINNING	Rita
7:00	Boot Camp	Dave

WEDNESDAY

6:00am	BodyPump	Queila
9:00	SPINNING	Carolyn
9:00	BodyPump	Mona
10:00	Core & Arms	Mona
10:15	Wellness Yoga	Carolyn
10:30	Seniorcize	Mona
11:30	BodyFlow	Mary
4:30	SPINNING	Paula
4:30	Beginner Yoga	Carolyn
5:30	KickBox	Jean
6:30	BodyPump	Jean

THURSDAY

8:30	SPINNING	Paula
9:00	BodyStep	Mona
10:00	BodyFlow	Jean
11:00	SH'BAM	Maria
12:00	Sr Yoga/Balance	Kim
5:00pm	Wellness Yoga	Carolyn
5:15	SH'BAM	Maria
6:00	Zumba	Pat
6:30	BodyFlow	Leigh
7:00	SPINNING	Carolyn
7:00	Zen Strength	Pat

FRIDAY

6:00	SPINNING	Annette
8:30	SPINNING	Annette
9:30	Pilates	Amy
9:00	Kickbox	Jean
10:00	BodyPump	Jean
11:15	Zumba Gold	Pat
5:30pm	BodyPump	Maria

SATURDAY

7:05am	Wellness Yoga	Shirley
8:30	Kickbox	Jean
8:00	SPINNING	Mary Ann
9:30	Strength/Core	Amy
10:30	Zumba	Amy

SUNDAY

8:30am	SPINNING	Heather
9:30	Zumba	Leigh
10:30	BodyFlow	Leigh



Aquatics classes are on the pool schedule on reverse side.

▪ 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.