

Specialty Class Schedule February 2012

Hunterdon Health and Wellness Center—**WHITEHOUSE**- www.hunterdonhealthcare.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				All Level Yoga 9:40—11:10 am John Classroom		
		WaterART 10:00—10:45 a.m. Rita Pool	AFAP (Arthritis Water) 10:00-10:45 a.m. Rita Pool	WaterART 10:00—10:45 a.m. Shirley Pool	AFAP (Arthritis water) 9:45 –10:30 a.m. Rita Pool	
	AFAP (Arthritis Water) 11:15 –12:00 p.m. Shirley Pool					
				Intro To Mindfulness Meditation 5:30 –6:30 pm Craig		
	Vinyasa FlowYoga 6:30 –8:00 p.m. Cindy	Take Control 6:00 –7:00 Jen Classroom	Therapeutic Yoga 6:30—8:00 p.m. Ana			
	Isshinryu Karate 7:00—9:00 pm Dein Studio					Revised 02/01/12

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Hunterdon Health and Wellness Center—**CLINTON**—www.hunterdonhealthcare.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Masters Swim 6:00—7:30 a.m. Beverly (ongoing) Pool		Vinyasa Flow Yoga 9:00—10:30 a.m. Carolyn
	Multi-Level Yoga 10:00—11:30 a.m. John Studio 2	AFAP - Therapy Pool 10:15 - 11:100 a.m. Jane	Hypnosis for Weight Loss 3:30—4:30 p.m. Susan Meeting Room	Wellness Walk 9:00—9:45 a.m. Beverly *Prerequisite Chi Walking Clinic		
		Tai Ji 6:00—7:30 p.m. David Meeting Room #2		AFAP_ Therapy Pool 10:15 –11:00 a.m. Jane		Martial Arts 1:00—2:00 p.m. Studio #1
			Martial Arts 7:30 –8:30 p.m. Studio #1			Cane Self Defense 2:00-3:00 Studio #1
	Martial Arts 7:00 –8:00 p.m. Meeting Rooms	Master Swim 7:00—8:30 p.m. Beverly (Ongoing) Pool	Ancient Bowl Meditation 7:30 –8:30p.m. Sandee Studio 2	Hypnosis for Weight Loss 7:30 –8:30 p.m. Susan Meeting Room	Martial Arts 7:00 –8:00 p.m. Studio #1	
	Self Defense 8:00-9:00 Meeting Rooms	Shaolin Kung Fu 7:35—8:35 p.m. David Meeting Room #2	Self Defense 8:30-9:30 Studio #1		Self Defense 8:00-9:00 Studio #1	Revised : 02/01/12