

# WHITEHOUSE

## Group Fitness

### February 2012



537 Route 22 East  
Whitehouse Station, NJ 08889  
908.534.7600

#### Facility Hours:

Mon–Thurs: 6am-10pm    Fri: 6am-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

**Specialty Group Classes:** Isshinryu Karate,  
Meditation, Yoga, Arthritis Aquatic Programs

Revised: 02/01/12

#### MONDAY

6:05am	<b>SPINNING</b>	Jen
8:30	<b>BodyPump</b>	Mona
9:00	<b>SPINNING</b>	Dave
9:30	<b>BodyStep</b>	Mona
10:15	<b>Chair Yoga</b>	Shirley
11:30	<b>BodyFlow</b>	Kathleen
5:00pm	<b>BodyPump</b>	Mona
6:00	<b>BodyFlow</b>	Mona
7:00	<b>SPINNING</b>	Rita

#### TUESDAY

6:05am	<b>Strength</b>	Jen
9:00	<b>SH'BAM</b>	Pat
8:45	<b>SPINNING</b>	Mary Ann
10:00	<b>Strength (30min)</b>	Rita
10:30	<b>Seniorcize</b>	Rita
4:30pm	<b>Wellness Yoga</b>	Carolyn
5:30	<b>Boot Camp</b>	Dave
6:00	<b>SPINNING</b>	Carolyn
6:30	<b>BodyPump</b>	Karen

#### WEDNESDAY

6:05am	<b>Wellness Yoga</b>	Jen
8:30	<b>SPINNING</b>	Rita
8:30	<b>Strength</b>	Jen
9:30	<b>SH'BAM</b>	Maria
12:00	<b>BodyFlow</b>	Mona
5:30pm	<b>Pilates</b>	Mary
6:00	<b>SPINNING</b>	Karlyn
6:30	<b>SH'BAM</b>	Pat

#### THURSDAY

6:05am	<b>SPINNING</b>	Jen
7:15	<b>SPINNING</b>	Annette
8:30	<b>Pilates</b>	Diana
8:30	<b>Boot Camp</b>	Annette
9:30	<b>Zumba</b>	Pat
10:30	<b>Zumba Gold</b>	Pat
5:30pm	<b>Kickboxing/Abs</b>	Dave
6:30	<b>Zumba</b>	Melanie

#### FRIDAY

8:00am	<b>SPINNING</b>	Megan
8:30	<b>BodyPump</b>	Mona
9:30	<b>BodyStep</b>	Mona
10:30	<b>Seniorcize</b>	Mona
11:00	<b>Sr. Adv. Balance</b>	Rita
12:00	<b>Sr. Int. Balance</b>	Rita
5:30pm	<b>Pilates</b>	Mary

#### SATURDAY

7:05am	<b>Wellness Yoga</b>	Jen
8:15	<b>SPINNING</b>	Jen
8:30	<b>Strength</b>	Karlyn
9:30	<b>Step</b>	Karlyn
9:30	<b>SPINNING</b>	Annette

#### SUNDAY

8:30am	<b>SPINNING</b>	Rita
8:30	<b>BodyStep</b>	Maria
9:30	<b>BodyPump</b>	Karen
10:45	<b>Zumba</b>	Vania



**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.

#### LEGEND:

**BLACK** - SPINNING Studio (2<sup>nd</sup> Floor)  
**RED** - Studio 1 (1<sup>st</sup> Floor)  
**BLUE** - Classroom (2<sup>nd</sup> Floor)  
**YELLOW** - Class / Schedule Change