MONDAY			
6:30 am 8:00 9:00 10:00 10:15 11:00 4:30 pm 5:30 6:00 6:30	Power Cycle Express (45 min) Water Volleyball - FF BodyPump Mat Pilates Les Mills Core (30 min) Forever Fit Combo - FF BodyBalance Power Cycle BodyPump AquaFit-FF	Carolyn Maria Rita Maria Jean Carolyn Erin Kristen	

TUESDAY

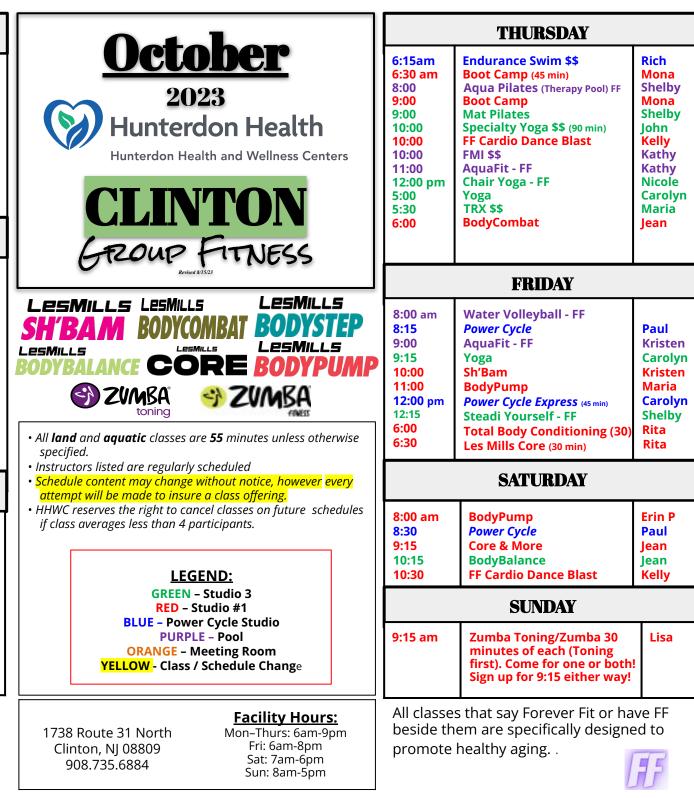
7:00 am 8:30 9:00 10:00 10:00 10:15 11:00 5:30 pm 5:45 6:30 6:30 6:45	Endurance Swim \$\$ Power Cycle Total Body Conditioning Bar-less Barre FMI \$\$ Cardio Dance Blast Chair Yoga - FF AquaFit - FF Shaolin Gong Fu \$\$ Zumba Tai Chi \$\$ Yoga BodyCombat	Rich Paul Michele Shelby Eileen Kelly Kate Eileen Dave Leigh Dave Ken Morgan
6:45	BodyCombat	Morgan

WEDNESDAY

6:30 am 8:00	Total Body Conditioning Water Volleyball - FF	Linny
9:00	AquaFit - FF	Kathy
9:00	Yoga	Carolyn
9:00	BodyPump	Mona
10:00	BodyStep (30 min)	Mona
10:30	BodyBalance	Patty
10:45	Forever Fit Combo	Mona
5:00 pm	Zumba	Sarah
5:30	Power Cycle	Carolyn
6:00	BodyPump	Erin

SIGN UP!

All classes on this schedule are included in our membership unless you see \$\$ following the class title. Please visit or call the front desk to sign up for Tai Chi, Gong Fu, Karate and Specialty Yoga classes. Instructions for Membership Portal are on the back!



CLUB AUTOMATION MEMBER PORTAL INSTRUCTIONS

Link to Access Portal: https://wellnessctrs.clubautomation.com/

- 1. Click "Access My Account" (You must register as a first time member it is NOT the same login as MotionSoft (old portal)).
- 2. Put in your first name, last name and email address (NOTE: Your name and email address must match what we have on file. If it doesn't, it will not recognize your account. The name we have on file is what you originally put on your contract. If you have a proper name and a nickname, be sure to try both. ie: if your name is Jim and it doesn't work, be sure to try James).
- 3. It will ask for a verification code which you can retrieve from your email.
- 4. Set up your account: your login will be the first letter of your first name, and your full last name (no spaces, all lowercase).
- 5. After you set up your account, it will bring you to the home screen.
- 6. If you need to update any of your information, use the "view my info" tab on the left and click edit.
- 7. To sign up for a group fitness class:
 - a. Select "Group Fitness Classes" from the menu on the left
 - b. All of the classes for both locations will be listed in alphabetical order
 - c. You can use the filters at the top to choose by class or date. You can also filter by class type or you can simply search through the list of classes displayed. Be sure to click the correct location (WHS is Whitehouse, CLN is Clinton)
 - d. Once you find the class you want to register for, click "sign up"
 - e. Click on your name and then click "register"
 - f. You will receive a confirmation email.
 - g. You can also unregister (cancel) from a class by going to the main home screen, and clicking on the unregister button to remove yourself from the list
 - h. You are only allowed to sign up <u>7 days (one week)</u> in advance
- 8. Member Portal App is also available to download on your Smartphone device!
 - a. To download, go to your phone's application store and search "Hunterdon Health and Wellness"
 - b. Once downloaded, you can either register using the instructions above, or log in with the username and password created.



If you refer a friend or family member and they join the Wellness Centers, you will receive a choice of \$20 on your club account that can be used toward any service, product or membership fee OR 2 free guest passes.



\$70 for (2) 30 minute Personal Training Sessions