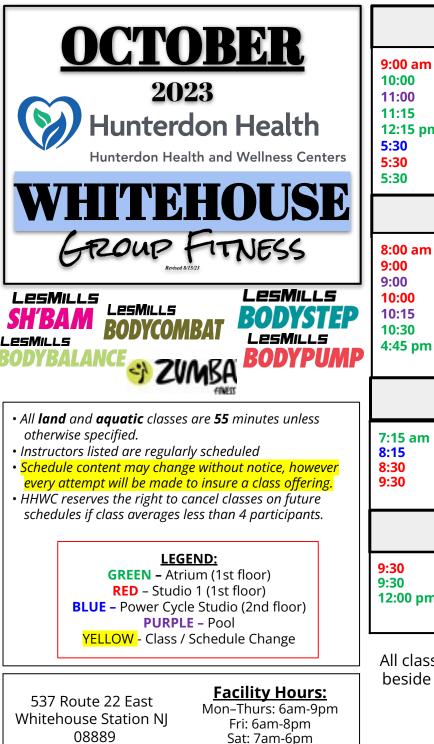
	MONDAY		
8:00 am 8:00	Power Cycle	<mark>Beth</mark> Mona	
9:00	BodyPump BodyStep	Mona	
9:00	AquaFit - FF	Beth	
9:15	Gentle Yoga - FF	Kate	
10:30	Chair Yoga - FF	Kate	
5:00 pm	BodyPump	Mona	
6:00	BodyBalance	Patty	
6:00	Cardio Kickbox	Linny	
7:00	Karate \$\$	Dein	
TUESDAY			
6:15 am	Yoga	Jen	
9:00	BodyBalance	Kathleen	
9:00	BodyPump	Maria	
10:15	Forever Fit Combo - FF	Maria	
10:15	AquaFit (45 min) - FF	Kathleen	
11:15	Sh'Bam	Maria	
5:00 pm	Barre Fusion	Rita	
6:00	Power Cycle	Rita	
6:00	AquaFit - FF	Beth	
WEDNESDAY			
8:30 am	Total Body Conditioning		
9:00	TRX \$\$	Rita	
10:00	Steadi Yourself - FF	Rita	
10:00 11:00	Water Volleyball - FF	Rita	
4:30 pm	AquaFit (45 min) - FF Boot Camp	Rita	
4.30 pm	Mat Pilates	Micaela	
0.00	mathiates	incuciu	
L	SIGN UPI		

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!



Sun: 8am-5pm

908-534-7600

THURSDAY			
9:00 am 10:00 11:00 11:15 12:15 pm 5:30 5:30 5:30	Zumba Mat Pilates AquaFit - FF Chair Yoga - FF Chair Fitness - FF <i>Power Cycle</i> Cardio Kickbox Yoga	Pam Micaela Kristen Susan Susan Beth Linny Micaela	
FRIDAY			
8:00 am 9:00 9:00 10:00 10:15 10:30 4:45 pm	BodyPump BodyStep AquaFit - FF Forever Fit Cardio (30 min) Water Volleyball - FF Chair Yoga - FF BodyBalance	Mona Mona Maria Mona Shelby Diana	
SATURDAY			
7:15 am 8:15 8:30 9:30	Yoga <i>Power Cycle</i> Zumba Interval Training (45 min)	Sarah <mark>Beth</mark> Sarah Sarah	
SUNDAY			
9:30 9:30 12:00 pm	<mark>Boot Camp</mark> Cardio Dance Blast Yoga	<mark>Linny</mark> Kelly Ken	

All classes that say Forever Fit or have FF beside them are specifically designed to promote healthy aging.



## 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