

**RWJ RAHWAY  
FITNESS & WELLNESS CENTER  
at  
CARTERET**

## Passport to Health Demo Schedule Thursday, February 1 - Thursday, March 15

DATE	TIME	CLASS	LOCATION
FEBRUARY 1	9:15am - 9:45am	Dance Training	Training Room
	7:15pm - 7:45pm	Energy Fusion	Small Group Training Room
FEBRUARY 2	5:00pm - 5:30pm	Bodyweight and Free Weight Mobility	Small Group Training Room
FEBRUARY 3	12:00pm - 12:30pm	Basics and Mobility	Small Group Training Room
FEBRUARY 4	11:00am - 11:30am	Cardio Blast	Small Group Training Room
FEBRUARY 5	12:00pm - 1:30pm	Swim Demo	Pool
	9:15am - 9:45am	Dance Training	Small Group Training Room
FEBRUARY 6	6:15pm - 6:45pm	Fit Body Toning	Small Group Training Room
FEBRUARY 7	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:30pm - 6:00pm	Mobility and Relaxation	Small Group Training Room
FEBRUARY 8	9:15am - 9:45am	Dance Training	Small Group Training Room
FEBRUARY 9	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:00pm - 5:30pm	Bodyweight and Free Weight Mobility	Small Group Training Room
FEBRUARY 10	11:00am - 11:30pm	Energy Fusion	Small Group Training Room
FEBRUARY 11	11:00am - 11:30am	Cardio Blast	Small Group Training Room
FEBRUARY 12	9:15am - 9:45am	Dance Training	Small Group Training Room
	7:30pm - 8:30pm	Swim Demo	Pool
FEBRUARY 13	6:15pm - 6:45pm	Fit Body Training	Small Group Training Room

60 Cooke Avenue, Carteret, NJ 07008 | 732.541.2333 | [rwjfitnesscarteret.com](http://rwjfitnesscarteret.com)

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## Passport to Health Demo Schedule Thursday, February 1 - Thursday, March 15

DATE	TIME	CLASS	LOCATION
FEBRUARY 14	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:30pm - 6:00pm	Mobility and Relaxation	Small Group Training Room
FEBRUARY 15	9:15am - 9:45am	Dance Training	Small Group Training Room
	7:15pm - 7:45pm	Energy Fusion	Small Group Training Room
FEBRUARY 16	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:00pm - 5:30pm	Bodyweight and Free Weight Mobility	Small Group Training Room
FEBRUARY 17	12:00pm - 12:30pm	Basics and Mobility	Small Group Training Room
FEBRUARY 18	11:00am - 11:30am	Cardio Blast	Small Group Training Room
FEBRUARY 19	9:15am - 9:45am	Dance Training	Small Group Training Room
FEBRUARY 20	6:15pm - 6:45pm	Fit body training	Small Group Training Room
FEBRUARY 21	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:30pm - 6:00pm	Mobility and Relaxation	Small Group Training Room
FEBRUARY 22	9:15am - 9:45am	Dance Training	Small Group Training Room
FEBRUARY 23	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:00pm - 5:30pm	Bodyweight and Free Weight Mobility	Small Group Training Room
FEBRUARY 24	11:00am - 11:30am	Energy Fusion	Small Group Training Room
	1:00pm - 2:00pm	Swim Demos	Pool
FEBRUARY 25	11:00am - 11:30am	Cardio Blast	Small Group Training Room
FEBRUARY 26	9:15am - 9:45am	Dance training	Small Group Training Room
FEBRUARY 27	6:15pm - 6:45pm	Fit body toning	Small Group Training Room

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## Passport to Health Demo Schedule

### Thursday, February 1 - Thursday, March 15

DATE	TIME	CLASS	LOCATION
FEBRUARY 28	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:30pm - 6:00pm	Mobility and Relaxation	Small Group Training Room
MARCH 1	9:15am - 9:45am	Dance Training	Small Group Training Room
	7:15pm - 7:45pm	Energy Fusion	Small Group Training Room
MARCH 2	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:00pm - 5:30pm	Bodyweight and Free Weight Training	Small Group Training Room
MARCH 3	12:00pm - 12:30pm	Basics and Mobility	Small Group Training Room
MARCH 4	11:00am - 11:30am	Cardio Blast	Small Group Training Room
MARCH 5	9:15am - 9:45am	Dance Training	Small Group Training Room
MARCH 6	6:15pm - 6:45pm	Fit body training	Small Group Training Room
MARCH 7	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:30pm - 6:00pm	Mobility and Relaxation	Small Group Training Room
MARCH 8	9:15am - 9:45am	Dance Training	Small Group Training Room
MARCH 9	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:00pm - 5:30pm	Bodyweight and Free Weight Training	Small Group Training Room
MARCH 10	11:00am - 11:30am	Energy Fusion	Small Group Training Room
MARCH 11	11:00am - 11:30am	Cardio Blast	Small Group Training Room
MARCH 12	9:15am - 9:45am	Dance Training	Small Group Training Room
MARCH 13	6:15pm - 6:45pm	Fit Body Toning	Small Group Training Room
MARCH 14	11:00am - 12:00pm	Swim Demos	Pool
	11:30am - 12:00pm	Aqua Kinetics Demo	Pool
	5:30pm - 6:00pm	Mobility and Relaxation	Small Group Training Room
MARCH 15	9:15am - 9:45am	Dance Training	Small Group Training Room
	7:15pm - 7:45pm	Energy Fusion	Small Group Training Room

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