

# HUNTERDON HEALTH AND WELLNESS CENTERS



**Zombie 5K Participant**  
**Use your FREE Guest Passes & Receive Membership Discount**  
**Now through November 30, 2014**

## Benefits and Services

Fitness Assessment	Massage Therapy
Exercise Orientation	Personal Training
Group Fitness Classes (Land & Water)	Physical Therapy
Weight-Training Equipment & Free Weight Area	Cardiopulmonary Rehabilitation
Cardio Machines	Arthritis Programs
Rock Climbing Wall (Whitehouse)	Swim Lessons (Adults & Children)
Indoor Pool, Whirlpool	Master Swim (Clinton)
Therapy Pool (Clinton)	Meditation, Tai Chi
Indoor Track	Karate, Kung Fu
Complete Locker Facilities	Childcare Services
Sauna & Steam Room	Triathlon Training (Clinton)

## 2 Convenient Locations

### Clinton Wellness Center

1738 Route 31 North, Clinton, NJ  
908.735.6884

### Whitehouse Wellness Center

537 Route 22 East, Whitehouse Station, NJ  
908.534.7600

### Hours of Operation

Monday – Thursday: 5am to 10pm Friday: 5am to 9pm

Saturday: 7am to 6pm Sunday: 8am to 5pm

\* Whitehouse facility opens at 6 am Monday through Friday (*all other hours are the same*)

## 2 Complimentary Guest Passes

Code: Zombie 5k 9/2014



**Hunterdon Healthcare**  
Health and Wellness Centers  
of Clinton and Whitehouse Station

### ONE DAY GUEST PASS

Name: \_\_\_\_\_

Expires 11/30/14. Bearer must provide photo I.D.  
Guests under age 18 require parent/guardian signature

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