



FITNESS & WELLNESS CENTER



Enjoy a **FREE** day
of access to our
state-of-the-art
Fitness Center!

Experience all our
Center has to offer with
a free day of fitness.

Enjoy health screenings,
wellness information,
Group Fitness classes, and
a complimentary InBody
Assessment. Entertain
the kids and indulge in
self-care stations, *and more!*

***Don't miss this
fun celebration!***

RWJ Fitness & Wellness Center in Hamilton

3100 Quakerbridge Road
Hamilton, NJ 08619
609.584.7600

RWJHamiltonWellness.com



FITNESS Festival EVENT SCHEDULE

SATURDAY, SEPTEMBER 26 | 9:00AM–1:00PM

ALL-DAY ACTIVITIES			
9:00am–1:00pm	Health Screenings and Wellness Information <i>Provided by Robert Wood Johnson University Hospital Hamilton</i>		Lobby
9:00am–1:00pm	InBody Screenings, Grip Strength, and Functional Movement Screenings		Fitness Floor
9:00am–1:00pm	Chair Massages <i>(Additional fees apply)</i>		Radiant Spa & Salon
9:00am–1:00pm	Princess Makeovers <i>(Additional fees apply)</i>		Radiant Spa & Salon
9:00am–1:00pm	Apple-solutely Autumn Fun!		Better Health Center
9:00am–1:00pm	Plush Puppy Adoption		Community Education
TIME	EVENT		LOCATION
9:00am–9:45am	Chair ZUMBA®		Conference Room B
9:00am–9:55am	LES MILLS BODYCOMBAT™		Studio 3
9:00am–9:55am	ZUMBA® with the ZUMBA All Stars		Studio 1
9:45am–10:40am	Gentle Yoga		Studio 2
10:00am–10:30am	Queen Elsa Royal Meet & Greet <i>Enjoy a singalong, dance party, photo ops, and royal fun!</i>		Conference Room B
10:00am–10:30am	Power Plate Demo		Fitness Floor
10:00am–10:55am	Total Fitness		Studio 1
10:00am–12:00pm	Mermaids & Matey's Aqua Adventures 30 Min. Sessions <i>Email gleksandm@fitnessandwellness.org to reserve your spot. Ages 5 & up. Must be able to swim and float.</i>		Aquatics Center
10:00am–10:45am	Hearth Healthy Cooking Demo		Healthy Cooking Kitchen
10:00am–12:00pm	Martial Arts Demos with MBS Martial Arts Academy <i>Call or visit the front desk to reserve your spot. Walk-ins welcome. All ages.</i>		Martial Arts Studio
10:00am–1:00pm	Balloon Animals		Lobby
10:15am–11:10am	LES MILLS BODYPUMP™		Studio 3
10:30am–11:00am	Queen Elsa Royal Story Time & Magical Activities		Childcare
10:30am–11:00am	Squat Technique		Trainers Desk
10:30am–11:00am	Hamilton Township Police Department Drone Demo <i>All ages</i>		Conference Room B
10:30am–12:30pm	Face Painting by Create Happiness		Lobby
11:00am–11:30am	Pilates Reformer Demo <i>Email jackies@fitnessandwellness.org to reserve your spot.</i>		Pilates Studio
11:00am–12:00pm	Kids Fruit Pizza Making		Healthy Cooking Kitchen
11:15am–12:00pm	Family Yoga with Therapy Dogs <i>Ages 7 & up</i>		Conference Room B
11:00am–12:15pm	Vinyasa Yoga		Studio 2
11:30am–12:30pm	LES MILLS BODYJAM™		Studio 1
11:45am–12:15pm	Pilates Reformer Demo <i>Email jackies@fitnessandwellness.org to reserve your spot.</i>		Pilates Studio
11:30am–12:30pm	Family Walk It <i>Ages 5 & up</i>		Studio 3
12:15pm–1:00pm	Chair Dance		Conference Room B
12:30pm–1:30pm	Yoga Nidra & Sound Bath		Studio 2
12:30pm–2:00pm	Line Dance Festival		Studio 3

**Schedule may be subject to change.*

Kid-friendly Station

Get social with us! Follow us and post using #RWJFitnessandWellnessHamilton

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