





Effective January 2, 2012

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
7:30am	Aqua Fitness		Aqua Fitness				
8:00am						Aqua Fitness	
8:30am		Aqua Arthritis		Aqua Arthritis			
9:15am	Aqua Fitness		Aqua Fitness		Aqua Fitness		
9:30am							
5:15pm							
6:15pm	Aqua Fitness			Aqua Fitness			

All Aqua Classes are 45 minutes in length.

**100 Simsbury Road Avon CT 06001 ▪ 860-284-1190 ▪ [www.healthtrax.com](http://www.healthtrax.com)**

**Center Hours:** Weekdays 5:30am-10:00pm / Weekends 7:00am-5:00pm

**Youth Activity Center Hours:** Monday-Saturday 8:30am-1:00pm / Monday-Thursday 4:30-7:30pm

**J.A.W.S.** – Junior Aquatic Workout Session. This 45 minute structured class will help kids develop strength, stamina, flexibility and balance while working in the water. (Ages 7-13)

**Aqua Zumba®** – Heat up the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Aqua Fitness** – An energizing, low impact water fitness class that combines both strength training and cardiovascular conditioning exercises that will challenge your muscles and increase your strength.

**Aqua Arthritis** – A gentle water class designed specifically for members with arthritis, chronic pain, or other joint injuries.