





















# Group Fitness Class Schedule

Effective May 3, 2012

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
7:45am	Pilate Mat				Muscle Challenge		
8:00am						Interval Training	
8:45am	Cardio Blast		Muscle Challenge	Interval Training			
9:15am							
10:00am		Step & Sculpt					
10:30/11:00		11:00 Pilates Fusion		11:00 Pilates Fusion		10:30 Yoga 65	10:30 Yoga 60
11:30am	Yoga 75		Gentle Yoga 60		Yoga 75	12:00 	
1:00pm	SilverSneakers® Muscular Strength/ROM	SilverSneakers® Cardio Circuit	SilverSneakers® Muscular Strength/ROM	SilverSneakers® Cardio Circuit			
4:30pm		Yoga 60		Power Yoga 60			
5:30pm							
5:30/6:00pm					6:00pm 		
6:30pm	Cardioblast	Boot Camp					
7:45pm	Yoga 75						

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
5:30am		Cycle 45		Cycle 45			
7:00am		Cycle 60		Cycle 60	Cycle 60		
8:00am						Cycle 60	
9:00am							Cycle 60
9:15am	Cycle 45	Cycle 60	Cycle 60		Cycle 60		
5:30pm			Cycle 60				
6:00pm		Cycle 60		Cycle 60			

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 4:00-7:30pm (reservations required)