












Group Fitness Class Schedule

Effective March 5, 2012

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am							
8:00 am					Yoga		Yoga
8:30 am	On the Ball					 	
9:00 am		Step					
9:15 am				MAT Pilates			Step & Sculpt
9:30 am						Step 	
9:45 am		Mat Pilates					
10:30 am	 						
10:45 am		Gentle Yoga					
11:35 am	 MUSCULAR STRENGTH		 MUSCULAR STRENGTH	 CARDIO CIRCUIT	 MUSCULAR STRENGTH		
5:30 pm	Step			 			
6:30 pm		 	 				
7:30 pm							

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am		Cycle 45		Cycle 45			
8:30 am						Cycle 45	
9:30 am	Cycle 60						Cycle 45
10:00am				Cycle 45			
10:30 am			Cycle 60				* Cycle Clinic/30
6:15 pm			Cycle 45				
6:30 pm	Cycle 45	Cycle 60		Cycle 60			

* 1st Sunday of each month.

842 Clark Avenue, Bristol ▪ 860-583-1843 ▪ www.healthtrax.com

Center Hours: Mondays through Thursday 5:00am-10:00pm / Fridays 5:00am - 9:00pm / Weekends 7:00am-5:00pm