



Class Schedule

Effective March 24, 2014

ZONE 1

(Ages: 8 weeks – 5 years)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zone 1	9am – 12pm	9am – 12pm	9am – 12pm	9am – 12pm	9am – 12pm	8:30am – 12pm
Zone 1	4:30pm – 8pm	4:30pm – 8pm	4:30pm – 8pm	4:30pm – 8pm		

ZONE 2

(Ages: 6 years – 12 years)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zone 2	 kids! PLAY 5:30pm-8pm	 kids! PLAY 6pm-8pm	 Zumbatomic® 6:00pm-6:30pm	 kids! PLAY 6:30pm-7:30pm		
			 kids! PLAY 6pm-8pm			



Zone 1: kidZONE 1 is for children 8 weeks old to 5 years of age. It is located in the Youth Activity Center on the upper level of the center. Healthtrax Staff is there to supervise as children play, color, read and even dance!

Zone 2: kidZONE 2 is for children 6 years to 12 years of age. Located on the lower level of the center, kidZONE 2 features kidsPLAY, where children play Wii or X-Box Kinect games, stay active with open gym games or catch up on homework! Zumbatomic® is also offered as part of Zone 2. Each class is a rockin', high-energy fitness-party packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more.

WINTER WEATHER POLICY: The morning kidZONE follows the Newington Public School Delay/Closing Schedule. 60 or 90 minute school delay – kidZONE opens at 10AM. 2 hour school delay or school closed – kidZONE closed. Please call ahead for evening and Saturday kidZONE hours during inclement weather.

Healthtrax Fitness and Wellness

375 East Cedar Street • Newington, CT • 860-666-8451 • www.healthtrax.com

Center Hours: Monday-Thursday 5:00am-10:00pm / Friday 5:00am-9:00pm/ Weekends 7:00am-5:00pm