



























Group Fitness Class Schedule

Effective March 19, 2012

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
5:15 am		Mat Pilates					
8:00am		7:00am Yoga		7:00am Yoga			
9:00am			Kickboxing	9:00am Interval Training	9:00am Muscle Challenge		
9:15am	9:00am Mat Pilates		9:00am Pilates Fusion				9:00am Yoga
10:15am		Interval Training				9:15am Yoga	
10:45am		Silver Sneakers		Silver Sneakers		10:30am 	
4:15pm						11:45AM 	
5:30pm			 6:00PM	Kickboxing			
6:30pm				Pilates Mat			
6:45pm	6:30 Yoga STUDIO B		7:00pm 				

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
5:15am		Cycle 60		Cycle 60			
8:00am					Cycle 60	Cycle 60	Cycle 60
9:00am							
9:15am		Cycle 60		Cycle 60		Cycle 60	
4:45pm	Cycle 60			Cycle 60			
5:30pm							
6:00pm	Cycle 60	Cycle 60	Cycle 60				

45 Crane Avenue, East Longmeadow ▪ 413-525-3931 ▪ www.healthtrax.com
 Center Hours: Monday-Thursday 5:00am-10:00 / Friday 5:00am-9:00pm / Weekends 7:30am-5:00pm
 Youth Activity Center Hours: Monday-Friday 8:45am-11:30pm / Monday-Thurs- 4:00-7:30pm/ Saturday 9am-12pm