


## Aquatics Class Schedule

Effective 2/22/12

| AQUA    | MON          | TUE  | WED          | THU          | FRI          | SAT | SUN |
|---------|--------------|--|--------------|--------------|--------------|-----|-----|
| 9:00am  |              |  |              |              | Aqua Fitness |     |     |
| 11:00am | Aqua Fitness |  Aqua Zumba | Aqua Fitness | Aqua Fitness |              |     |     |
| 7:00pm  |              | Aqua Fitness   |              | Aqua Fitness |              |     |     |

Aqua Zumba® is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness.



## Pool Schedule

| POOL    | MON               | TUE              | WED   | THU              | FRI        | SAT                          | SUN                          |
|---------|-------------------|------------------|---|------------------|------------|------------------------------|------------------------------|
| 5:00am  | Adult Swim        | Adult Swim       | Adult Swim  | Adult Swim       | Adult Swim |                              |                              |
| 8:30am  | Pool & Spa Closed |                  |   |                  |            |                              |                              |
| 9:00am  | Swim Lessons      | Swim Lessons     | Swim Lessons  | Swim Lessons     |            |                              |                              |
| 12:00pm |                   |                  |   |                  |            | Family Swim & Kid's Programs | Family Swim & Kid's Programs |
| 5:30pm  |                   | Park & Rec Class |  Kids!<br>J.A.W.S. | Park & Rec Class |            |                              |                              |
| 6:00pm  | Swim Lessons      | Swim Lessons     | Swim Lessons  |                  |            |                              |                              |

- Pool and Spa are CLOSED during Aqua Fitness Classes.
- When Family Swim, Swim Lessons, and Kid's Programs are in the pool, the pool area is restricted. The Lap Lane will be OPEN as will the Spa.
- The POOL area CLOSSES 15 minutes prior to the facility closing for the evening.

**3 Weymouth Road, Enfield, CT • 860-745-2408 • [www.healthtrax.com](http://www.healthtrax.com)**

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

**Youth Activity Center Hours:** Monday-Saturday 9:00am-12:00pm / Monday-Thursday 4:00-8:00pm