





























Group Fitness Class Schedule

Effective March 5, 2012

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
5:30am							
8:00am						Yoga	
9:00am				Interval Training			
10:00am					Step & Sculpt		
11:00am	SilverSneakers® MS/ROM	SilverSneakers® Yoga Stretch	SilverSneakers® MS/ROM		SilverSneakers® MS/ROM		
4:30pm							
5:30pm							
6:30pm				Yoga			

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
5:30am		Cycle 45		Cycle 45			
8:00am	Cycle 45					Cycle 45	
10:00am			Cycle 45				
4:30pm							
5:30pm							

For class information/questions contact *Michele Martin* Group Fitness Manager mimartin@healthtrax.net

3 Weymouth Road, Enfield, CT • 860-745-2408 • 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