






Aquatics Class Schedule

Effective March 2012

AQUA	MON	TUE	WED	THU	FRI	SAT	SUN
8:45 am	SilverSplash The Silver Sneakers Fitness Program 	Aqua Fitness	Aqua Fitness	Silver Splash The Silver Sneakers Fitness Program 	Aqua Fitness		
9:45 am	Aqua Fitness		Aqua Fitness		Aqua Fitness		
6:00 pm	Aqua Fitness		Aqua Fitness				

622 Hebron Ave ▪ 860-652-7066 ▪ www.healthtrax.com
Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-7:00pm
Youth Activity Center Hours: Monday-Saturday 8:30am-1:00pm & 4:15-7:30