
































Group Fitness Class Schedule

Effective May 10, 2012

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 am	Interval Training (5:30am)	Cardio Blast	Interval Training (5:30am)				
7:15 am			Boot camp		Boot camp		
8:30am		Pilate Fusion		Pilate Fusion	Yoga	8:00am 	8:00am Step
9:00 am							 Tai Chi*
9:30 am	Cardio Blast		Step	Interval Training	Step		
10:30 am						10:00am 	10:00am 
11:00 am	Fit For Life		Fit For Life		Fit For Life	Yoga	
11:30 am		Yoga		Yoga			
1:00 pm	 Yoga Stretch	 Muscular Strength	 Yoga Stretch	 Muscular Strength	 Yoga Stretch		
4:30 pm		Yoga		Yoga			
5:30pm	STEP		Interval Training				
6:30pm		Pilates		 Pilates **			
7:30 pm	YOGA			YOGA			

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 am		Cycle 75	Cycle 60	Cycle 60 (5:30am)			
7:30 am	Cycle 60		Cycle 60		Cycle 60		7:15am Cycle 60
8:30 am				Cycle 60	Cycle 60	8:00am Cycle 60	
9:00 am	Cycle 60		Cycle 60			9:15am 	Cycle 60
9:30 am		Cycle 60			Cycle 60		
10:00 am	Intro to Cycling		Cycle 60				Cycle 60
4:30 pm							
5:30 pm		5:15 Cycle 60		Cycle 60			

628 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-Friday 8:30am-1:00pm / 4:15- 7:30 pm Sat. 8:00am-12:00pm Sun. 9:00am-12:00pm

* Held in Conference Room **Held on Basketball Court