












Group Fitness Class Schedule

STUDIO	MON	TUE	WED	THU	FRI	SAT	SUN
6:00am			Muscle Challenge				
7:15am							
8:00am							
8:30am		Mat Pilates	Power Yoga		Mat Pilates	Yoga	
9:00am	Cardio Contact ##				Cardio Contact ##		
9:45am	Yoga	Interval Training	Mat Pilates	Interval Training		Interval Training	
10:00am							Fit for Life
11:00am					Yoga		
4:30pm		Yoga					
5:45pm							
6:00pm				Interval Training ##			
7:00pm	Mat Pilates		Yoga	Yoga			## Class held in B-ball court

CYCLE	MON	TUE	WED	THU	FRI	SAT	SUN
6:00am		Cycle 60			Cycle 60		
8:00am						Cycle 90	
8:30am	Cycle 60						
9:00am							Cycle 60
9:30am		Cycle 60			Cycle 60		
6:15pm		Cycle 60		Cycle 60			

Effective April 1, 2012

20 East St., Hanover, MA ▪ 781-826-1300 ▪ www.healthtrax.com

Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-7:00pm

Youth Activity Center Hours: Monday-Friday 8:00am-12:30pm, Monday- Thursday 4pm – 7pm

Saturday & Sunday 8:30am - 12:30pm