

Gym Schedule

Effective January 18, 2012

MON	TUE	WED	THU	FRI	SAT	SUN
Cardio Contact 8:45-10am	Adult Basketball Pickup games 2:30-5:00pm	Hot spot class 9:00-10:00am	Adult Basketball Pickup games 2:30-5:00pm	Cardio Contact 8:45-10:00am	Adult Basketball pickup games 7:30-10:30am	Adult Basketball pickup games 8:00-10:00am
Athletic Conditioning class 5:30-6:30pm 6:30-8:00pm Rental	Women's Volleyball League 6:00-9:00pm	Athletic Conditioning & Interval Training Class 5:45-7:30pm				

Pick up b-ball games open to everyone. Please sign up at Chalk board in front of basketball courts

20 East St Hanover, MA 02339 • 781-826-1300 • www.healthtrax.com
Center Hours: Monday - Friday 5:00 am - 10:00 pm
 Saturday - Sunday 7:00 am – 7:00 pm